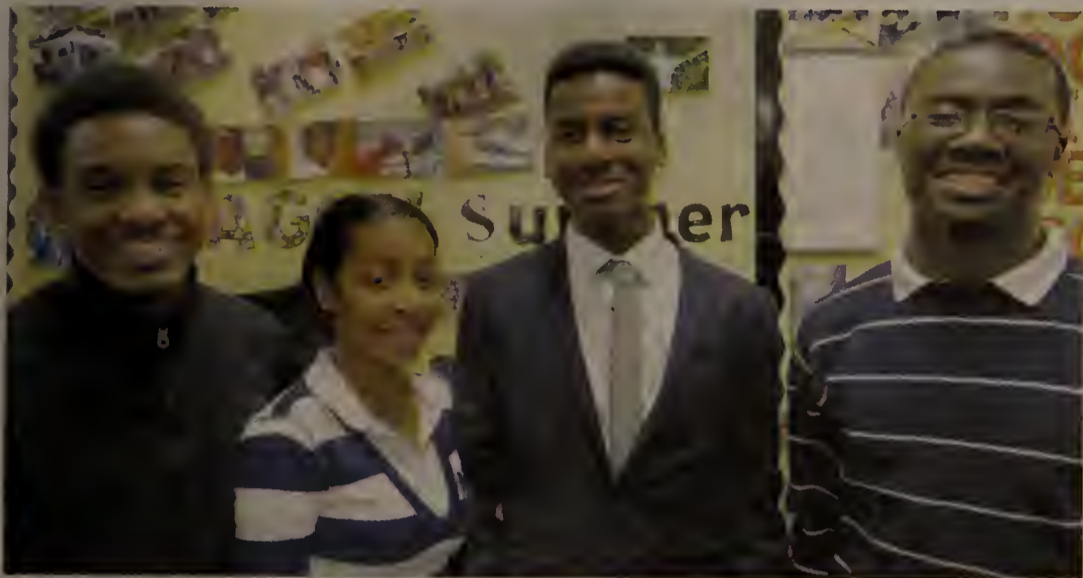


Academy of the Pacific Rim combines best of east and west

BY LING-MEI WONG



(L - R) Michael Holliday, Ariell Christian, Richard Njorose and Marcus Vilmé attend the Academy of the Pacific Rim. Chinese class is required for all students. (Image by Ling-Mei Wong.)

The Academy of the Pacific Rim takes Chinese very seriously.

Chinese class is required from 7th grade until senior year at the public charter school, which serves 5th to 12th graders. Students tidy the school together and start class with a distinctly Asian call to order.

"Qi lai (rise)! Jing li (bow)!"

For Hyde Park senior Marcus Vilmé, 17, he was initially skeptical about learning Chinese. "As the years went on, I found the importance of it," he said. "It's rare for an African American to know a foreign language. Chinese is modernized and a very big part of America. ... When I'm in college, it's easier to find what I want to do with Chinese as my background."

Vilmé will be attending Lafayette College in Pennsylvania, after being accepted by early decision. While he has not decided on a major, he is interested in Asian studies and music engineering. "I can't fall asleep without music," he grinned.

The school's mission empowers urban students to realize their full potential by combining the high academic standards of the east with the individualism of the west. Co-founder Robert Guen

studied education in Taiwan, observing how the longer school day and classroom setup could benefit students in America. The school received its charter in 1995 and opened in 1997, making it one of the oldest charter schools in Massachusetts, said Susan Thompson, executive director of APR.

"I'm really accustomed to the people here," said Richard Njorose, 16, a junior from Roslindale. "I consider them like family. I couldn't just leave the school and be happy somewhere else. Even though there's a lot of homework and it's really tiresome, it's good preparation for college."

All of APR's class of 2012 was college-bound, attending schools including Brown University, Johns Hopkins University and Smith College. The 500 students enrolled are mostly individuals of color at 76 percent — African-American students represent 57 percent of the school population — and 53 percent qualify for subsidized school lunches for low-income families. APR does not charge tuition, as it is funded by the state and admits students based on a lottery.

SEE ACADEMY ON PAGE 3

家庭特刊

FAMILY ISSUE

新社會服務支援病患照顧者

黃靈美報導

波士頓親友照顧者支援計劃意在為病患照顧者提供支持和幫助。此計劃是由波士頓老人居家服務中心實施，並同時服務於 Ethos 和 Central Boston Elder Services。

照顧者一般都是一些經常忽視自己需求的患者親屬。波士頓老人居家服務中心親友照顧者支持計劃負責人 Tia Nguyen 說道：「每當患者去世的時候，照顧他們的親友們會感到非常孤獨，難過，以至於忽略了自己的健康問題。」

這個項目主要服務於需要照顧六十歲以上的人士。如果需照顧患有阿爾茨海默氏病（亦稱失智症）或相關疾病的患者，無年齡限制。項目不僅會引導照顧者如何照顧他們的家人，同時還會幫助照顧者們適當放鬆自己的身心。透過補助，照顧者可以提供照顧服務上所需之不足，譬如買必需品給患者或請人看顧他們親人。課堂還教照顧者如何與醫療專業人員溝通，阿爾茨海默氏病教練康復治療以及健康飲食。

Nguyen 說：「我們的使命是向上年紀的老人以及他們的照顧者提供合理以及必需的支持。現在有很多像中國，越南和俄羅斯等國家的移民認為照顧家中老人是他們自己的職責，從而拒絕外界老年服務的幫助。因此，我們今年的目標之一就是盡可能地向各個社區推廣我們的服務，提

高人們的意識，讓更多擁有文化，語言障礙的人們能夠享受這樣的資源。」

華人普遍擁有大家庭。每當家中一個長輩病倒了，兄弟姐妹當中會有一位成為主要的照顧者。波士頓親友照顧者支援計劃顧問繆瑞瓊說道：「作為一個照顧者顧問，我的任務就是幫助照顧者分清自己的職責或者幫他們另找他人來照顧長輩以減輕他們的負擔。」

人們對精神疾病經常會有很多誤解。Nguyen 解釋道：「如家人出現類似情況，我們鼓勵患者親友尋求醫學幫助，弄清癥狀的起因是否是心血管疾病引起或阿爾茨海默氏病，而不贊成親友把精神疾病當成老齡化進程的一部份從而忽略病人的需求。」

Nguyen 表示：「有的時候照顧者自己本身就是一名老年人，譬如配偶或60歲兒女照顧80歲母親。他們經常身心疲憊並且缺少照顧病人的專業知識。我們非常關心這些家庭，並且向他們提供最好的幫助與支持。」

繆瑞瓊說：「我希望人們需要好好利用這個項目的資源，尋求適當的幫助。照顧好自己才可以照顧家人！」

詳情請登陸波士頓老年信息網 www.elderinfo.org。如果您說廣東話或者普通話請致電顧問繆瑞瓊 (617) 938-5112 或郵件 smok@bshcinfo.org。

Chinatown meeting roundup: CSC and CRA

BY LING-MEI WONG

The Chinatown Safety Committee and Chinatown Resident Association met March 6.

The CRA discussed the Tufts University biosafety level 3 lab and had a presentation from Viridian Electric.

The W Hotel presented safety and security plans for its Descent nightclub space, which will be run by Storyville owner Brian Lesser. It will be renamed "Tunnel" and plans to increase capacity to 200 from 120. Safety precautions include no 21st birthday parties, no admission for aggressive individuals and a list of patrons banned for bad behavior. The committee approved the club's plans, which will be presented to the Chinatown/South Cove Neighborhood Council on March 18.

A presentation on expanding South Station was given by Kate Fichter, MassDOT South Station Expansion Project Manager. No construction is underway, as the project is in the planning stages and will go through environmental review. The process is expected to



South Station will expand, after operating since 1899. (Image by Ling-Mei Wong.)

take several years.

"We're looking to make station bigger but also better," Fichter said. "We want to make it more modern and a better neighbor."

South Station offers train service for the MBTA and Amtrak, along with busing. The U.S. Postal Service has a location at South Station, which would move to make space for more trains. Proposed changes include opening up Dorchester Avenue for greater accessibility, Fichter said.

More information on the South Station project can be found at www.massdot.state.ma.us/southStationExpansion.

SEE CHINATOWN ON PAGE 5

HIGHLIGHTS

Chinese journey to America marked by trials and triumph
PAGE 3

Film screening raises awareness for 2011 Japan tsunami victims
PAGE 4

Confessions of a chopsticks novice
PAGE 6

Family program cares for senior caretakers
PAGE 7

COMIC

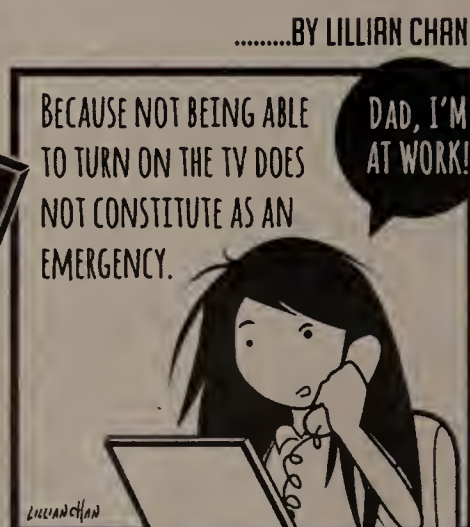
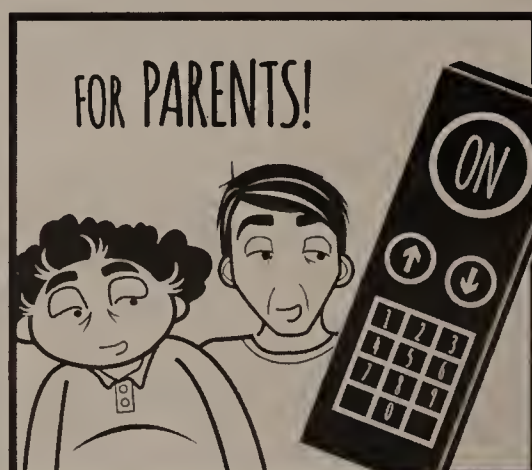
EMPTYBAMBOOGIRL

THE MUNDANE & SUBLIME ADVENTURES OF A GIRL NAMED AH-LIN!

IN A PERFECT WORLD, A GIANT TECH COMPANY WOULD SWOOP IN AND DESIGN THE ULTIMATE TV/CABLE REMOTE CONTROL...



Copyright ©2013 Lillian Chan. All rights reserved.



Event Calendar

JP Concerts

Saturday, March 9
4 p.m.

St. John's Episcopal Church
Roanoke Avenue
Jamaica Plain, MA 02130

JP Concerts will present the Weston Wind Quintet performing Sextet in C minor by Louise Farrenc; Quintet in G minor by Paul Taffanel; and Le Tombeau de Couperin by Maurice Ravel. Tickets are \$10 at the door. For more information and directions please see jpconcerts.org.

Chinese New Year Celebration

Thursday, March 14
6 - 9 p.m.
Hei La Moon Restaurant
88 Beach Street
Boston, MA 02111

The Academy of the Pacific Rim invites the public to join their Chinese New Year celebration. Tickets are \$25 and will benefit the Chinese language and culture pro-

gram. On-site parking available.

"A Place Called Asian America" Exhibition

Friday, March 1 - Friday, March 29
Aidekman Arts Center
40 Talbot Avenue, Tufts University
Somerville, MA 02155

An exhibition of photographs about the lives of Asian Americans by New York based photo-journalist Corky Lee will be on view at the Slater Concourse Gallery at Tuft University. Lee is giving a public talk at an opening reception on Wednesday, March 6, from 6 to 8 p.m., and will also lead a photography workshop for students, faculty, and community members interested in using photographs for on Thursday, March 7, 6:30 to 8:30 p.m. All events are open to the public. To find out more, please visit:

<http://aplacecalledasianamerica.wordpress.com/>

Contact: Thomas Chen,

781-475-9493, or thomas.chen@tufts.edu.

Girls Leadership Summit

Saturday, March 30
11 a.m. - 2 p.m.
Curry Student Center
Northeastern University
346 Huntington Avenue
Boston, MA 02115

In celebration of Women's History Month, Mayor Thomas M. Menino and Boston Centers for Youth & Families (BCYF) invite Boston girls ages 11-15 to the FREE Girls Leadership Summit: Building Leadership Skills to Develop Social Changers. Workshops, a panel discussion and a motivational keynote speaker will focus on empowering girls to develop the skills they need to be positive role models in their communities. Registration runs from 10-11 a.m. Please call 617-635-4920 x2314 or e-mail aterika.butler@cityofboston.gov for pre-registration.

Elegant Chinese Night
Saturday, March 30 - Sun-

day, March 31
8 p.m. - 1 a.m.
Boston Park Plaza Imperial Ballroom
50 Park Plaza
Boston, MA 02116

Global Fancei Society and Chinese Career Development Association are holding an elegant Chinese night for a ball party. Everyone is welcome to join. Please dress properly and bring ID with you. For dressing instruction please visit www.fengyanight.com/.

Tickets and clothes: <http://fengyanight.eventbrite.com/>.

2013 Walk for Hunger

Sunday, May 5
7 a.m.
Boston Common
Tremont St, Boston, MA 02108

Project Bread's 45th Walk for Hunger will be held on May 5th. The 20-mile route weaves through Boston, Brookline, Newton, Watertown, and Cambridge, and includes entertainment and

free snacks along the way. Over 40,000 Walkers will step out and raise \$3.5 million to help provide in need with sustainable, reliable access to nutritious food. The rolling start is from 7 to 9 a.m. on the Boston Common.

Contact: 617-723-5000 or www.projectbread.org

CHSNE scholarship

The Chinese Historical Society of New England (CHSNE) and the Boston Harborside Home of J.S. Waterman & Sons-Waring-Langone Funeral Home announce their annual scholarship competition for 2013. Two scholarships will be awarded to high school seniors of Chinese ancestry entering a New England college in the fall of 2013. Each scholarship is \$500 per year. The deadline of submission is May 31, 2013 and winners will be announced September 2013.

For more details please visit: <http://chsne.org/scholarships.htm>

SAMPAN

A Publication of the AACA

www.sampan.org

87 TYLER STREET
BOSTON, MA 02111
TEL: (617) 426-9492
FAX: (617) 482-2316

Editor: Ling-Mei Wong
lingmeiwong@sampan.org

ENGLISH SECTION

Contributors:
Anna Ing
Hao Lu
Joanne Wong

CHINESE SECTION

Contributors:
Hao Lu

Translators:
Hao Lu
Ivy Mah
Chenyi Wang
Yinan Zhang

Advertising:
Teresa Cheong
Ivy Mah
ads@sampan.org

Production:
Hao Lu
Ling-Mei Wong

SAMPAN is New England's only biweekly bilingual English-Chinese newspaper. It is nonprofit and nonpartisan. Founded in 1972, Sampan is published by the Asian American Civic Association. Sampan is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscription: \$60/year (1st class mail); \$30/year (3rd class mail).

The reproduction, in whole or in part, of any information contained herein and prior is forbidden without the express written permission of the publisher.

先鋒中英雙語學校

Pioneer Valley Chinese Immersion Charter School

Enrolling 6th & 9th graders
for the fall of 2013

The PVCICS Chinese language and culture high school is modeled after the Sturgis Charter Public School's "International Baccalaureate for All" high school. PVCICS is now accepting applications.

317 Russell St. (Rt. 9)
Hadley, MA

Details at WWW.PVCICS.ORG
or 413-582-7040

PVCICS is an equal opportunity employer and provider

1 and 2-bed Affordable Apts in Watertown

17 affordable apartments to be available by lottery in early 2013. 3 of the 17 will be for households earning 65% of the area median income. Units located in brand new 170 unit complex near the Charles River. This building contains an elevator.

Income Limits:

1 person \$38,309 or \$47,150
2 person \$43,794 or \$53,900
3 person \$49,278 or \$60,650
4 person \$54,722 or \$67,350

Maximum Rents:

1 bedroom \$919 - \$1,172
2 bedroom \$1005 - \$1,289

Deadline:

Applications DUE Friday March 15, 2013.
Lottery will be Thursday March 28th at 7:00 pm.

Visit <http://metrowestcd.org/housing-services/> for information and application.

Or call Robyn at Metro West Collaborative Development, Inc. at 617-923-3505 x 5.



Correction

In our Feb. 22 article, "Boston's Chinatown shows no sign of demise, scholar says," the height of the Boston laundries is 1915, not 1885. The Sampan sincerely regrets the error.

PLACE YOUR
AD HERE!

E-MAIL:

ads@sampan.org

The significance of expanded learning time

BY JOANNE WONG

As a lifelong resident of Chinatown, I consider my upbringing similar to other kids in the neighborhood. My parents worked tirelessly, anywhere from restaurant kitchens to grimy basements, to pay the bills and keep food on the table. More often than not, my siblings and I were coerced into "job-shadowing" when neighbors and relatives were unavailable to babysit. Eventually, my parents decided to enroll us in an after-school program. What initially started as a reprieve from my parents' busy work schedules turned out to be the most formative years of my childhood. The three hours I spent every afternoon at the Red Oak After School program accelerated my English learning and introduced me to games such as Monopoly I would not have known otherwise. Teaching assistants helped me with homework my immigrant parents, with their limited English proficiency, could not have. Teachers and older students taught me academic lessons beyond my grade level. To this day, I still remember a song of all 50 states in alphabetical order.

Instead of being cooped up at home or idling near the infamous red light district during the summer months, we were enrolled in a summer program. The blend of academic and extracurricular activities in the program provided me with a strong appreciation for learning, not only in American culture, but also a better understanding of Chinese culture.

After-school programs and summer camps, as fun as they are, do come with a price. More than once, my parents considered pulling us out of the programs

due to financial constraints, but decided against it after our persistent protests. We were lucky. Unfortunately, not all families, especially those living in urban, low-income neighborhoods, have the resources to invest in extra educational programs.

Expanded learning time initiatives, as suggested by policymakers such as Gov. Deval Patrick, may well provide the mechanism to improve quality education beyond the regular school day at little or no cost to individual families.

"Whether educators have more time to enrich instruction or students have more time to learn how to play an instrument and write computer code, adding meaningful in-school hours is a critical investment that better prepares children to be successful in the 21st century," said U.S. Secretary of Education Arne Duncan.

In Massachusetts, ELT refers to schools that significantly expand and restructure their school day and/or year, adding at least 300 hours to the school day and/or year for all students in the school. Schools integrate traditional schooling with after-school, out-of-school and anytime/anywhere learning opportunities.

The Orchard Gardens K-8 Pilot School in Roxbury offers a good case study on the impact of ELT on student performance. In just one academic year from 2010 to 2011, Orchard Gardens dramatically improved the instruction and programming students receive.

SEE LEARNING ON PAGE 3

ACADEMY: Chinese part of classroom

CONTINUED FROM PAGE 1

"Tons of people come back from college and say that in their freshman classes, they've already studied the material senior year," said Ariell Christian, 17, a senior from Dorchester.

APR's school day starts at 7:45 a.m. and ends at 5 p.m., which is 800 hours or 50 more days of instruction compared to students attending Boston Public Schools. Teachers form close relationships with students as mentors, advisors and extracurricular sponsors.

"I gained a good three mothers in last four years," said Michael Holliday, 18, a senior from Dorchester. "The first one was Miss (Yong) Li. Last year for Mother's Day, I cooked for her and two other people at her house. The principal (Jenne Colasacco Grant) talks to you like a best friend. And the counselor Miss (Doreen) Kelly-Carney is the happiest

person I've ever met."

The ultimate test of APR's Chinese immersion is its exchange program with Beijing No. 80 school. Holliday and Christian went in April 2012, while Njorose and Vilmé will go for the first time this April.

"It's just fascinating to me," Christian said. "Everyone is so nice. There's lots of food. It was warm and appreciative."

Holliday stayed with the family of a Beijing No. 80 school student and spent 20 minutes trying to identify which towel he could shower with. However, his Chinese classes at APR paid off when it was mealtime. "At the dinner table, I knew what everything was called," he said. "It felt like I was at home."

To learn more about the school, visit www.pacrim.org.

Chinese journey to America marked by trials and triumph

BY LING-MEI WONG

Boston native Alice Kane, nee Yee, spoke at the Central Library on "They Came for the Gold and Stayed: An Introduction to Chinese-American Genealogy" on Feb. 27.

Kane was born in South Boston to Chinese parents from Toishan. She worked in the microtext department of the Boston Public Library, giving her invaluable experience in microfilm research. Kane was later certified as a genealogist.

Kane looked at Chinese immigration to America and where to find Chinese ancestors. Most came from the Pearl Delta of China in Guangdong Province, where the land was lush but unproductive. The siren song of the Gold Rush drew many in 1848 and more Chinese laborers came to build the Transcontinental Railroad in 1863.

"Many men and women came of their own volition," Kane said. "But the demand for labor meant many were tricked or kidnapped to the United States or other places."

While the Chinese were initially welcomed as immigrants, this did not last long. "The hard work of the Chinese miners made them rather successful and they started to earn the jealousy of American and European miners," Kane said.

The Page Act of 1875 excluded "undesirable" immigrants with a criminal past, mental illness and Chinese descent, making it the first piece of U.S. legislation to name a specific group. Fear of Chinese laborers and female prostitutes infecting the white population resulted in the Chinese Exclusion Act of 1882, which only allowed diplomats, merchants and students to enter the country. These restrictions required a completely new system for documenting Chinese immigrants, which were not lifted



Alice Kane spoke at the Boston Central Library on Feb. 27. (Image by Ling-Mei Wong.) until the Immigration Act of 1965, Kane said.

"Most other immigrants were allowed into country," Kane said. "The Chinese had to undergo physical exams. The immigration service developed more procedures to fine-tune how to identify a Chinese person, whether they were natural-born or children of natural-born citizens, and not laborers."

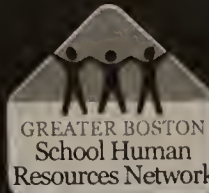
The Chinese laborers typically came to earn their fortune in America, returned to their families in China and then came to the U.S. again to work. Because the first laborers had citizenship, the children they had in China were eligible to come to America when they were of age. Chinese men documented one child a year — whether they had that many or not — and could sell the official document in China to another person that would become their "paper son," Kane said.

For genealogy buffs, the legacy of Chinese discrimination yields a great deal of paperwork to trace one's roots. Kane's great-grandfather Yuen Yee entered the United States through the port of San Francisco, which was documented in an admission ledger.

The Greater Boston School Human Resources Network proudly sponsors its first annual

Diversity Job Fair for Educators

Saturday, March 23, 2013
from 10am - 1pm,
held at the Broadmeadow
Elementary School
120 Broad Meadow Road, Needham



MEMBER DISTRICTS:

Acton
Acton-Boxborough
Belmont
Brookline
Concord
Concord-Carlisle
Lexington
Needham
Newton
Wayland
Wellesley
Weston

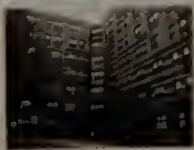
We are committed to increasing the diversity of our teaching staff. If you want to join a system committed to excellence, we want to talk to you. The needs are real. The opportunity is great. Be part of it.

To register, please go to www.greaterbostonchoolhrn.com
Bring 10 resumes to the Job Fair.



Member Districts are Equal Opportunity Employers

FRIENDLY GARDEN CO-OP APARTMENTS



Friendly Garden Co-op Apartments where member residents have a voice in the management of the property, has large studio and one bedroom apartments.

Located a short distance from Revere Beach, this active senior co-op is on an MBTA bus route, and is within walking distance to shopping, banks and medical professionals.

Features such as...

- Scenic views of Revere's beachside community
- Plenty of space for indoor relaxation
- Emergency Response person living on site, on call
- On site laundry facilities and air conditioning
- Large community room with many social events



Rent is based on 30% of income (income limits apply) to qualified seniors 62 and older, and to young persons who are mobility impaired requiring the special design features of accessible units.

CALL 1-800-225-3151 WWW.CSI.COOP



Film screening raises awareness for 2011 Japan tsunami victims

BY JOANNE WONG

The juxtaposition of turmoil and beauty was central to the film "The Tsunami and the Cherry Blossom," which was screened at fundraising event Tsunami + Sandy + Deep Water Horizon at Dorchester's Hancock 309 Gallery on March 2. The film screening is part of a month-long event that features an art exhibition, auction, music, discussions and vigil to highlight the victims of the tsunami who are still affected.

"It's been two years, but the orphans have not been forgotten," said Mariko Kanto, organizer of the event. "They lost their parents. They lost everything. We can build good support and send them a message from Boston, our own community."

In 2011, a massive magnitude 9.0 earthquake on the coast of Japan caused a tsunami and substantial damage. Video footage and candid interviews with survivors illustrated the traumatic experience, as cars, houses and even people were swept away.

The death toll exceeded 15,000 but the blooming of the cherry blossoms soon after the tsunami provided survivors with the promise of a better tomorrow. The film

shed light on individuals who volunteered to help with the cleanup effort, and the resilience of the communities involved.

Artwork, including 48 pieces of calligraphy, collages, paintings, and quilts, were donated to the event for an auction. The auction will end March 9, with the list of items online at www.tsunamiartauction.blogspot.com.

Participants were encouraged to design their own quilt squares — an idea from Tewassa, a local community-led organization formed in response to the tsunami. Tewassa donates handmade quilts to victims, particularly Okawa, an elementary school that lost 70 percent of its students.

Kanto plans to leverage the lessons learned from the Japanese tsunami to disaster management. On March 23, a disaster management discussion with the Office of Emergency Management will be held.

The live auction and results will be revealed on March 9. All proceeds go to the Soma City Earthquake Disaster Orphan Scholarship Fund. For more information about the events, please visit <http://tsunami-hancock309.eventbrite.com/>.

Making your home safe for your family

BY LING-MEI WONG

Making a home safe for children means understanding hazards. Lead and mold are two common hazards in the home that affect children's health.

While lead is hazardous for people of all ages, it affects children the most because they are still developing. "Children come down with lead poisoning because it's sweet," said Andy Scarano, director of construction/rehabilitation for the Malden Redevelopment Authority. "It smells like licorice."

Lead is commonly found in paint, as it has strong sticking power. However, the heavy metal affects the brain, joints and is associated with dementia, along with Alzheimer's. Lead was banned from U.S. homes in 1978, but many homes in Massachusetts are older than that, making it difficult to remove completely.

About 1.7 million children have blood-lead levels above safe levels, mostly due to lead-based paint hazards, according to the Environmental Protection Agency.

"When children get lead poisoning, they get it in their joints," Scarano said. "We saw one child who suffered retardation. Another person was heavily poisoned; he suffers from a mental disorder and has a twitch. It does last a long time."

Massachusetts school children are tested for lead poisoning. A home with more than 1 micromilligram of lead must be abated, meaning the lead must be removed or encapsulated.

All work must be done by a licensed deleader for the house to receive a certificate of compliance. Short-term measures, such as covering a painted floor with carpeting or painting over lead paint, are considered "interim control," but people cannot live in that house until the lead is removed.

A database at the Childhood Lead Poisoning Prevention Program website (www.mass.gov/dph/clppp) shows whether a house is deleaded or not.

A lead inspection for an apartment starts at about \$205, while a house is around \$400. The cost depends on the size of the property. If lead is detected,

the homeowner needs to find a deleader or contractor. Federal and state deleading programs offer grants and low-interest loans to qualified homeowners based on need.

Eliminating mold

Mold can affect the respiratory system, causing sinus problems, cold symptoms, headaches and skin irritation. People who are most susceptible include young children and the elderly.

"Mold in air causes problems," Scarano said. "People who live in musty homes with mold usually have asthma."

8 things you should know about mold

1. Exposure to elevated levels of molds can cause health problems in sensitive individuals, such as respiratory problems and sinus problems, cold and flu-like symptoms, headaches, fatigue, trouble concentrating, and memory loss.

2. There are many molds that have the potential to cause health problems.

3. Mold spores can cause health problems even if the spores are dead.

4. Mold requires an organic food source, such as cloth, sheet rock, or wood, and a moisture source to grow.

5. Mold spores are common outdoors and there is no practical way to eliminate all mold spores indoors.

6. Molds can grow undetected inside wall spaces, under carpet, and inside heating-ventilation and air conditioning systems.

7. Mold growth can often be the visible sign of a structural defect that allows moisture to intrude into a building.

8. When doing mold abatement, it is first necessary to find and eliminate the moisture source.

Quincy seniors celebrate Lunar New Year

BY LING-MEI WONG

Chinese seniors, caretakers and elementary school students rang in the Lunar New Year at Kindred Transitional Care and Rehabilitation in Quincy on Feb. 21.

Kindred residents enjoyed an Asian buffet dinner and received personalized Chinese calligraphy with lucky phrases from Mike Mei, President of the Chinese American Fine Arts Society. Ivy's After School Dance put on three traditional Chinese dances, performed by its female students. Kristin Moy played the yangqin or a hammered Chinese dulcimer.

The senior citizens enjoyed playing with visiting pets. A total of three rabbits, three birds, two tortoises and a lizard were petted and hugged by children and grownups alike.

Part of the Kindred facility is the Jade Villa, a 50-bed unit designed to meet the needs of the region's growing elderly



Students from the Ivy Dance Studio dance at in Quincy. (Image by Ling-Mei Wong.)

Asian community. Jade Villa includes Asian nurses and nursing assistants as well as a Chinese chef. For more information, please visit www.quincyrehab.com.

Town of Mansfield HOUSING LOTTERY

Spring St. Mill Apartments

Brand New 1 Bedroom Apartments
\$875 - \$975/Month



Available for income eligible applicants ages 55 and over

Income Limits
2 Person Household - \$51,550
1 Person Household - \$45,100

Q&A Info Workshop - 4/3/13
Lottery Drawing - 5/8/13
Both events will be held at 7pm at:
Council on Aging
255 Hope Street
Mansfield, MA

Applications must be received by 5 pm, 5/3/13
Call Delphic Associates at 508-994-4100 for more information



Applications available online at:
www.DelphicAssociates.com
www.massaccesshousingregistry.com



SAMPAN'S
Medical Special Issue
will be published
April 19!
STAY TUNED!

AFFORDABLE RENTAL OPPORTUNITY

Close to South Station • Newly Rehab Building • Washer/Dryer included

INFORMATIONAL MEETING TUES, APRIL 2 @ 3PM
in the BRA Board Room, Boston City Hall, room 900

Applications may be picked up in person at Factory 63, 63 Melcher Street, Boston MA 02210 or can be sent via email or USPS upon request. Deadline for completed applications at the above address: In person by 5:30pm, Tuesday, April 16th or postmarked by April 16th, 2013. Selection by lottery. Asset, Use & Occupancy Restrictions apply. *Preference for BRK Certified Actors for 5 live/work units. Preference for Boston Residents. Units available for immediate occupancy upon approval. For more info or reasonable accommodations, call Jessica Ryan, Greystar (617) 443-0100.

63 MELCHER ST, BOSTON, MA 02210
617.443.0100 | factory63.com | @factory63apts

Households may request an application during the APPLICATION PERIOD:

March 28th - March 29th 9:00am - 5:00pm
March 30th 10:00am - 1:00pm
April 1st - April 3rd 9:00am - 5:00pm
April 4th 12:00pm - 8:00pm



SUTTON AFFORDABLE HOUSING LELAND HILL ESTATES

10 Three and Four Bedroom Single Family Homes
Price: \$195,000/\$213,000

Located on Leland Hill Road, Leland Hill Estates is a new 52 unit development in a beautiful country setting. Offering 10 three and four bedroom single family homes, by lottery, to eligible first time homebuyers. Each unit has 2 1/2 baths and a two car garage.

Join us at the Public Information Meeting for Details.

Maximum Allowable Income per family

1 person: \$45,100
2 person: \$51,550
3 person: \$58,000
4 person: \$64,400
5 person: \$69,600
6 person: \$74,750
7 person: \$79,900
8 person: \$85,050

Public Information Meeting

7:00 P.m., Thursday, March 21, 2013
Sutton Town Hall
4 Uxbridge Road
Room 3A

Application Deadline

April 10, 2013

For Application and Information

Email:
lotteryinfo@mcohousingservices.com

Call MCO Housing Services:
(978) 456-8388

Pick Up:

Sutton Town Hall, Town Clerk's Office
Sutton Public Library

APPLICATION AVAILABLE ONLINE AT: www.mcohousingservices.com

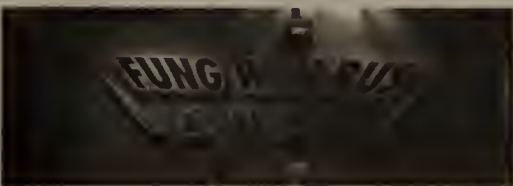
Fung Wah bus line suspends services

BY LING-MEI WONG

The Fung Wah bus line suspended services indefinitely on Feb. 27, after the U.S. Department of Transportation ordered Fung Wah to remove its buses from operation. It runs buses between Boston and New York City's Chinatowns.

A Fung Wah representative at the Boston bus station said operations have stopped and tickets would be sold at the counter when available.

Its fleet of 28 buses was subject to safety inspections by the state and federal authorities. Fung Wah plans to resume operations after the inspection, according to its website. The Massachusetts Department of Public Utilities inspected 21 of Fung Wah's buses on Feb. 21 and found structural deficiencies, along with poor maintenance.



Fung Wah Bus ticket sales have stopped at South Station. (Image by Ling-Mei Wong.)

Fung Wah bus rides cost just \$15, making it one of the first low-cost bus services launched in 1998. Other bus services offer a few \$1 seats on their buses, such as Bolt Bus, Lucky Star and Megabus, increasing Fung Wah's competition.

Its safety record includes an explosion in 2005, a rollover accident in 2006 that injured 34 people and a 2007 guard rail crash on Route 90. In January, two pedestrians in New York City were struck and injured by a Fung Wah bus.

Moy Association rings in new year



The Moy Family Association celebrated Chinese New Year on Feb. 23 and presented awards. (Left to right) Lili Mei, President of the Moy Family Association, Michelle Mei who won \$300, Ruth Moy, Matthew Fong who won \$400 and Helen Fong, grandmother of Matthew Fong. (Image courtesy of the Moy Family Association.)

LEARNING: Longer classes benefit children

CONTINUED FROM PAGE 3

In 2011, school-wide Massachusetts Comprehensive Assessment System proficiency rates rose in both English Language Arts (30 percent) and Math (35 percent). The school's student growth percentile — an index that compares yearly growth in individual student MCAS scores against that of other students with similar testing backgrounds — was 63 in ELA and 79 in Math. An SGP of 60 is considered "high growth" in both subjects.

In 2012, five states agreed to expand and redesign their school calendars. Public schools in Massachusetts, Colorado, Connecticut, New York and Tennessee are embarking on an effort to radically improve learning for tens of thousands of students. The collaborative effort is being organized by the Ford Foundation and the National Center on Time

& Learning to develop high-quality and sustainable expanded-time schools.

"Students need to know how to solve complex problems, work independently and in teams, and how to think critically," said Jennifer Davis, co-founder and president of NCTL.

In hindsight, I am grateful for the services offered through the after-school and summer programs that I had the privilege of attending. The teachers and staff members not only understood what it meant to straddle different cultures — Chinese and American — but they were also a motivational force. They planted the seed in my head that I could and would succeed if I put my best effort in my endeavors. Through ELT, I am hopeful that many more children will experience the social and academic benefits of a longer school day.

CHINATOWN: Crime on the decline

CONTINUED FROM PAGE 1

Crime report

Capt. Tom Lee reported less crime in District A-1, which Chinatown is part of. "We had a 32 percent decrease in crime from last year," he said. "This is the greatest reduction of any district in the last three months."

Three robberies occurred in the area. A man tried to give a person some money at 660 Washington Street and had his Rolex watch taken from him on Feb. 17, Lee said.

An attempted robbery took place at Washington and LaGrange streets, with three white males trying to steal a cab

driver's cash. They fled down the street and were arrested.

A third robbery took place Feb. 15 at Maple Place and Pine Street, when a 21-year-old woman was grabbed by a black male, who tried to take her place. When she held on to her purse, he took a gold necklace off her neck. "We had one or two chain grabs before; this is the first one on those streets," Lee said.

Drug activity was noted at South Station. "Last week alone, there were three to four arrests of marijuana or other drugs," said Dana DeLorenzo, police officer for the MBTA Transit Police.

HOME Program Director Hiring

Director of the North Suburban Consortium's HOME Program Housing Development Programs administered by the Malden Redevelopment Authority (MRA). Work includes ensuring compliance with regulations pertaining to the HOME Investment Partnership Program, including underwriting and initial certification of NSC-funded development projects, preparation of annual plans and reports for HUD, oversight of the NSC's housing portfolio.

This is a responsible administrative and professional position that requires:

Close coordination with local municipal partners, federal and state agencies, community development and housing development agencies, as well as regional and non-profit partners.

Knowledge and experience in the HOME Investment Partnership Program regulations:

- Affordable housing development, Fair Housing laws, ability to read engineering and architectural plans, and knowledge of loan underwriting.
- Proficiency in Microsoft Office, including Excel, Word, and Power point required.
- Familiarity with Access Database a plus.
- Bachelors degree and a minimum 3 years in related field required.
- Masters degree or equivalent work experience a plus. IDIS experience preferred.

Interested candidates may submit a written letter of interest and resume to info@northsuburbanconsortium.org by Wednesday, March 20th at 5 PM. Selected candidate will need to submit to a Criminal Offenders Records Information report (CORI) background check and pre-employment drug screening.

PINE OAKS VILLAGE PHASES 1 AND 2
61 JOHN NELSON WAY, HARWICH, MA 02645



ACCEPTING APPLICATIONS FOR PLACEMENT ON WAIT LIST

Pine Oaks Village is sponsored by MidCape Church Homes Inc. Phase 1 is an apartment community designed for elderly (62 and over) persons. Phase 2 is designed for elderly (62 and over) and also for disabled persons who may be under 62.

Phases 1 is subsidized by the HUD Section 8 Program. Phase 2 is subsidized by the USDA Rural Development Rental Assistance Program. Most residents pay 30% of their adjusted annual income for rent. Some residents may pay more than 30% based on availability of subsidy and on income.

PHASE 1 INCOME LIMITS: VERY LOW

1 Person	\$28,700
2 Persons	\$32,800

PHASE 2 INCOME LIMITS: VERY LOW LOW

1 Person	\$28,700	\$43,700
2 Persons	\$32,800	\$49,950

Pine Oaks Village Phases 1 and 2 are beautifully landscaped communities close to beaches, shops, doctors, churches, police and fire station and public transportation. All units are ground level. Interested parties may call (508) 432-9611 or TDD 1-800545-1833 x 132 or may write to the address listed above.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Confessions of a chopsticks novice

BY DEVIN YOUNG, AACA YOUTH LEADERSHIP COORDINATOR



Har gao or shrimp dumplings at Bubor Cha Cha. Image by Ling-Mei Wong.

Since moving to Boston and beginning my AmeriCorps service in Chinatown, I have encountered many Chinese traditions that were previously unknown to me. The first occurred on my first day, when I went to dim sum with my coworkers. It took me a while to even make out what people were saying when they uttered those two words, so I had no idea what to expect. What I found at the restaurant was a pleasant surprise. Laminated menus allowed customers to write how many of each item they wanted, a social process of sharing similar to potluck or Thanksgiving dinner. A lazy susan allowed for easy access to lots of cheap food. What could be better! Not to mention that the food was delicious. I soon found myself stuffed with dumplings, noodles, rice and much more. At that point, I wondered about my boss' theory that everyone who works in Chinatown becomes fat from Chinese food. Regardless, it looked like my stay in Boston was going to be a tasty one.

Little did I know, however, that things were about to get even better. Following that experience, I had my first encounter with hot pot. This adventure had a rickety start when I was assigned the task of purchasing beef. I went into

the Chinese market and picked up a hunk of beef, the only one of its kind in sight. When I was in line, I asked the cashier if it was the right beef for hot pot. The customer in front of me looked at it and said that it should be fine. However, when I got to the party, I found that this was not the case. Everyone shared a good laugh when I removed my purchase from its bag. I didn't know the beef was supposed to be sliced into thin strips!

I soon forgot my blunder, though, when I saw the spread before me. An array of vegetables, meat, noodles and tofu covered the table next to the bubbling pot. My cohorts walked me through the process of tossing in components and fishing them out for consumption. In no time at all, I was again full to the brim with delicious beef, lamb, mushrooms, noodles, tofu, pork and the list goes on. More importantly, I again found the tradition to revolve around sharing, helping and an overall communal experience. I admire the way the Chinese culinary customs promote this type of community and hope to experience more of Chinese culture that Boston has to offer soon! Hopefully, my chopsticks skills will improve as well.

YOUTH VOICES

Featuring original work written by high school students

Dunkin' Donuts Coffee Coolatta

BY TSERING LHADON

Oh my cool cool Coolatta!
So so sweet to my mouth like butter.
Like snow on a rocky mountain,
Just as if from heaven's very fountain.
Its signature orange straw rising up,
To touch the enclosure of my mouth in a gulp.
Racing down my throat like a cool stream,
Filling my stomach with delicious whipped cream.
Its caffeine jumping into my brain,
Allowing me to do homework without going insane.

BCNC banquet celebrates youth

BY LING-MEI WONG



The Gund Kwok Children Lion Dance performed at the Boston Chinatown Neighborhood Center's Chinese New Year Banquet on March 1 at Empire Garden. (Image by Ling-Mei Wong.)

The Boston Chinatown Neighborhood Center celebrated the Year of the Snake at its Chinese New Year Banquet on March 1 at Empire Garden.

"BCNC is positioned to expand its services to the community," said Selina Chow, board president of BCNC. The banquet raised \$223,000 in ticket sales and hoped to reach \$500,000 from silent auction sales, including an autographed jersey from Jeremy Lin of the Houston Rockets, other sports memorabilia and a trip to Nantucket.

Performances included the Gund Kwok Children Lion Dance and the Genki Spark Taiko Drum. Two Friends of BCNC Awards were presented to Michael and Susan Fung, and Comcast.

The banquet is BCNC's largest annual celebration and fundraiser. Proceeds from the banquet fund BCNC's programs — child care, after school, youth, recreation, adult education and family services — which reach more than 2,000 individuals in the greater Boston area annually.



EQUAL HOUSING
OPPORTUNITY

ACTON HOUSING AUTHORITY DUPLEX RENTALS
12 two and three bed room units by lottery
Income eligibility - either under 30% or under 50% of median income
Rent—30% of income



The twelve 2 & 3 bedroom, newly constructed apartments are located at 15-26 Sachem Way. Two accessible units are available; one for physical handicaps and one for sensory handicaps, i.e. deaf or blind. All units will be distributed by lottery to eligible households.

PRIORITY FOR HOMELESS AND DISPLACED FAMILIES

Maximum Allowable Income					
Family Size	2	3	4	5	6
30%	\$22,650	\$25,500	\$28,300	\$30,600	\$32,850
50%	\$37,800	\$42,500	\$47,200	\$51,000	\$54,800

Public Information Meeting
7:00 p.m., Monday, March 25, 2013
Acton Public Safety Building
371 Main Street

Application Deadline
4:00 p.m. Friday, April 26, 2013
Mail or drop off to MCO Housing Services

Application Availability—February 25—April 26, 2013

Pick-Up
Acton Housing Authority, 68 Windsor Ave Regular Hours
April 25th, Acton Housing Authority 4:00—8:00 p.m.
Acton Library, 486 Main Street Regular Hours

OR
Call or email MCO Housing Services:
978-456-8388

maureen@mcohousingservices.com
www.mcohousingservices.com

Use and Occupancy Restrictions Apply.

Maximum Income Limits Apply

For more information or reasonable accommodation contact:

MCO Housing Services: (978) 456-8388

MCO Housing Services, P.O. Box 372, Harvard, MA 01451

Ask Doctor Yu, Chinese medicine practitioner: Winter herbal remedies

SUBMITTED BY ALEX YU

Spring and summer are the seasons to nourish one's hot energy of yang, while autumn and winter is the time to feed the cold energy of yin, according to traditional Chinese medicine. As the seasons come and go, the unpredictable weather moves from sweltering to freezing. Drier seasons means the body needs more moisture and nourishment. Autumn dryness is considered metallic in Chinese medicine's five elements, which affects the lungs. Therefore, the principle of autumn nutrition should be soothing nourishment to prevent dryness and irritation of the lungs.

Autumn marks a transition to cooler temperatures. The body responds with the metabolism slowing down, as some people are susceptible to digestive imbalances with diarrhea or constipation. Symptoms of autumn dryness include dry and itchy skin, sore throat and nose bleeds. To soothe dryness and improve digestive functions, the following foods are recommended: Apples, pears, grapes, lychee, starfruit, papayas, guavas, loquats, pineapples, figs, spinach, sweet potato seedlings, sweet potatoes, yams, seaweed, burdock, silver ear fungus, sesame seeds, soybean milk, lotus roots, lotus, ladybells, yuzhu, lilyturf, thornapple, mulberries, chrysanthemums, shi hu orchids, water chestnuts, luo han guo, sugar cane, almonds, walnuts, oatmeal, honey and dairy products.

As late autumn turns to winter, the body's temperature falls, which constricts the blood vessels and increases blood pressure. To prevent stroke and cardiovascular disease, hot yang-inducing foods should be avoided, such as onion, garlic, chives, spicy dishes and fried food. Light nourishing fare should be consumed, such as high-fiber fruit and vegetables, milk, eggs, oatmeal and beans. These foods strengthen the body to better adapt to the cold.

Nourishing cold weather soups include papaya and lotus seed soup; ladybells, yuzhu and pear soup; pear, apple and almond soup; zucchini, peanut and lotus root soup; lotus seed, spinach and silver ear fungus soup; Chinese spinach, wolfberry goji and lychee soup; seaweed, water chestnut and tofu soup; and silver ear fungus, lotus and egg sweet soup.

The advent of winter does not necessarily translate into a drop in tempera-

ture. The dryness of autumn may persist, requiring stomach-soothing soup ingredients such as mustard greens, cress, bamboo shoots, potatoes and cabbage.

Mid- to late November, after the snow falls and temperatures begin to drop, is the time to add to soups Indian mulberry, duzhong bark, Chinese astragalus, poor man's ginseng, raw ginger, garland chrysanthemum, sesame, walnuts and other "warm" nourishments.

Only after the winter solstice and cold front arrive should the most nourishing foods be consumed. These include heavy Chinese supplements or meat, such as fish bladders or maw for collagen, along with lamb. These are usually served in soups with turnips, chayote, winter melon, sweet potatoes, cress, and seasonal fruits and vegetables.

However, most city dwellers enjoy a good quality of life that does not require excessive nourishment. As daily life includes a fatty diet, greater stress and weaker digestive function, a sudden increase of yang foods may block the functions of the stomach and spleen. This may lead to being yin and not being able to absorb yang supplements, seen with bloating, lack of appetite and nausea. In extreme cases, this may even lead to a flare-up of excessive yang fire, causing mouth sores and dryness of the throat and tongue. Therefore, winter herbal supplements should make improving stomach and spleen functions a priority, while boosting qi is secondary.

Nourishing winter soups include garland chrysanthemum, ginger and scallion soup; cabbage, honey date and almond soup; lotus root, bamboo shoot and orange peel soup; goji wolfberry and ginger soup; winter melon and mushroom soup; tian men dong asparagus root and root of the dwarf lilyturf soup; yam and ginger sweet soup; chrysanthemum, date, napa cabbage and tofu soup; walnut boiled in malt sugar; scallion date soup; and chayote, corn and almond soup.

Alex Yu is a registered Chinese medicine practitioner in Hong Kong and a doctoral candidate of the Guangzhou University of Chinese Medicine. He holds a master's degree in Chinese medicine and bachelor's degree in Chinese medicine and science from Hong Kong Baptist University.

Family program cares for senior caretakers

BY LING-MEI WONG

The Family Caregiver Support Program of Boston makes sure caretakers of seniors take care of themselves. It is housed at Boston Senior Home Care and also serves Ethos and Central Boston Elder Services.

Caretakers are usually family members, who neglect their needs when caring for a loved one. "When the loved one passes away, the caregiver feels lonely and isolated, and they haven't been taking care of their health," said Tia Nguyen, Family Caregiver Support Program Manager for Boston Senior Home Care.

The program offers information and resources for caregivers of seniors older than 60 or people with Alzheimer's or dementia. It helps caregivers navigate medical and social services for their family member, along with helping them find time to relax. Through a yearly grant, caregivers can pay for services, such as buying necessities for their loved one or reimbursing someone for watching their loved one while they take time off. Classes cover communication tips with medical professionals, rehabilitation therapy with an Alzheimer's coach and healthy eating.

"Our mission is to ensure that culturally diverse elders and their caregivers have the necessary supports in order to remain living at home and in their communities," Nguyen said. "So, one of our

goals this year is to reach out to communities that may not be aware of all the community resources available to them due to cultural or language barriers."

Mental illness has a stigma and is frequently misunderstood. "We encourage families if their loved one has memory loss to talk to a doctor and see if it's related to cardiovascular issues or Alzheimer's," Nguyen said. "They should not write it off as part of the aging process and not address the needs of the elder."

While many services tailor to seniors, there is little support for caregivers. "Sometimes the caregiver may be a senior themselves, a 60-year-old caring for an 80-plus mom," Nguyen said. "They're tired and not getting the education they need on Alzheimer's. We also work with many families where one elderly spouse is providing all the care for their spouse."

"Caregivers should take advantage of this program and get the help they need," said Suki Mok, caregiver advisor for the Family Caregiver Support Program of Boston. "When you take care of yourself, everybody benefits."

For more information, please go to Boston Elder Information, www.elder-info.org.

Tufts Medical Center

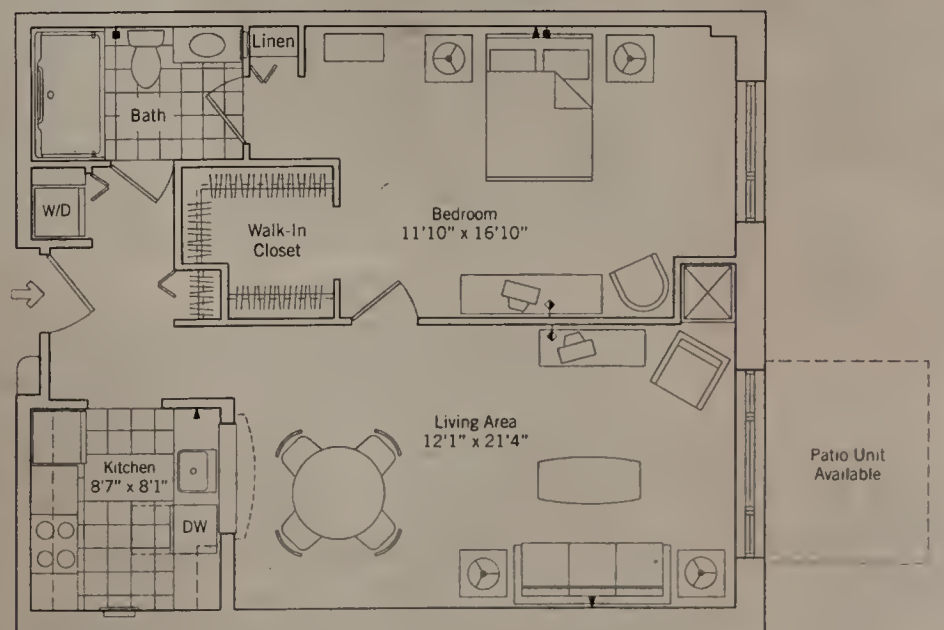
Prize Draw for the Sampan Health Survey ends March 22. Get your survey in and you could win a Starbucks \$20 gift card!

NOW IS THE TIME!

Find the perfect floor plan for you—and get it while you can! There's never been a better time to enjoy your retirement in a new, beautiful home at Linden Ponds. Our affordable prices and exciting lifestyle make living in this community one of the best decisions you can make for you and your loved ones.

THE ELLICOTT *Extra large one bedroom* This popular floor plan is perfect for active seniors who want to spend more time living and less time cleaning! The open, airy design easily accommodates both a seating and formal dining area.

AVAILABLE WITH BAY WINDOW!



Linden Ponds values diversity. We welcome all faiths, races, and ethnicities, and housing opportunities are available for low and moderate income households.



Call 1-800-538-6714 to schedule your visit today.



Linden Ponds

Add more Living to your Life®

EricksonLiving.com

BLUE LEDGE CO-OP & FRANKLIN PARK VILLA CO-OP SENIOR LIVING AT ITS BEST!

Affordable senior apartments located in Roslindale and Jamaica Plain.

These active senior co-ops are within walking distance to shopping, banks, and parks, and are located near MBTA bus lines.

Features such as...

- One bedroom apartments
- Scenic views of the Boston skyline
- Plenty of space for outdoor relaxation
- Emergency Response Person living on site, on call
- On site laundry facilities and air conditioning
- Large community room with many social events

Social events include: Luncheons, Holiday Parties, Day Trips & More!!



Rent is based on 30% of income (Income limits apply) to qualified seniors 62 and older

Providing high quality affordable housing for seniors.

CALL 1-800-225-3151 WWW.CSI.COOP



Market Lunch and Teatism in Washington, D.C.

BY ANNA ING, A FOOD AFICIONADO



Crab cake ben. (Image by Anna Ing.)

It has been a while since I wrote about food outside the Boston area. Not long ago, I visited one of my favorite destinations, the nation's capital Washington D.C. Along with great attractions, museums and memorials, there is also some great food.

Whenever I go, crab cake is a must. A favorite of mine is at Market Lunch, right in Capitol Hill's Eastern Market. There are long lines but it is worth it for simply good food. Over the weekend, you must try the blueberry bucks, aka blueberry buckwheat pancakes (full stack of three \$6.25), with real maple syrup (\$2.25). The crab cake ben (\$12.95) is delicious, filled with all crab meat and next to little or no breadcrumbs. We opted for a side of chipotle cheese grits, which made a nice contrast to the sweetness of the syrup and richness of the hollandaise sauce from the crab cake's eggs Benedict. Don't forget your wallet, as it is cash only for a no-frills dining experience. The simply delicious food makes it well worth the wait.

A local favorite is Teatism, which opened in 1996 and boasts four locations in the area. I can always get healthy, delicious, top quality and reasonably priced

fare, along with a variety of great tea. It serves foods from Asia including Korean, Chinese, Japanese, Indian and Thai flavors, so there is something for everyone with a daily specials menu. Being self service allows Teatism to keep costs low without sacrificing quality. I got the salmon teriyaki (\$9.75) served cold in a pretty bento box with two scoops of rice topped with sesame seeds and nori, pick-



Salmon teriyaki bento. (Image by Anna Ing.)

led radish, spinach and a cucumber salad. My friend opted for the yellow curry with chicken (\$10), which was studded with tons of vegetables and a scoop of brown rice. Its jasmine tea infused crème brulee (\$4.50) was gently creamy with lovely accents of jasmine flavor that made every bite wonderful.

The next time you visit D.C., check these places out!

Market Lunch

Inside Eastern Market, 225 7th Street SE
Washington, DC 20003
(202) 547-8444
*Breakfast and lunch only

Teatism

Four locations around the D.C. area
<https://teatism.com/>

Josiah Quincy students ring in Year of the Snake

BY LING-MEI WONG



City councilor Felix Arroyo, state representative Aaron Michlewitz and principal Joshua Ho perform the "Gangnam Style" dance with Josiah Quincy students on March 1. (Image by Ling-Mei Wong.)

The Josiah Quincy Elementary School students celebrated the Year of the Snake on March 1, after Winter Storm Nemo postponed the event originally planned for Feb. 14.

Fifth grade students performed a lion dance, followed by Chinese songs. A Chinese zodiac chant from the second grade was performed in Mandarin. Several dances showcased the students' talent and a recorder ensemble accompanied a chorus.

"Our school has a lot of extracurricular activities that are part of our education, not just academics," said Principal Joshua Ho.

The celebration included tumbling and dancing by the Flying Dragons gymnastics students.

"You are one of the best schools in Boston and I'm so proud to represent

you at the state legislature," said Aaron Michlewitz, state representative for the 3rd Suffolk district. He joined the students in performing "Gangnam Style," along with Principal Ho and Felix Arroyo, at-large Boston city councilor.



Second graders performed a tea-picking dance. (Image by Ling-Mei Wong.)

S
A
M
P
A
N
.
O
R
G

Weston Public Schools

VACANCIES 2012-2013

METCO Academic Liaison - Middle School - 1.0

Weston Middle School seeks an experienced educator to fill the METCO Academic Liaison position. Reports directly to the METCO Director. Qualified applicants must have: knowledge and demonstrated experience serving the educational and cultural needs of urban, multi-ethnic middle school students and their families in a community agency or school setting; strong organizational, oral and written communication, interpersonal, and leadership skills; BA/BS in Education, Counseling or related field. MA preferred; certification as a middle school teacher and/or guidance counselor, or credentials to satisfy DESE certification; experience with urban literacy, youth education and administrative skills preferred; demonstrated ability and willingness to provide before, in-school, and after school academic and social support via lunch groups, individual meetings, individual and small-group instruction and/or tutoring to METCO 6-8th grade students; experience establishing collaborative partnerships with parents, teachers and administration to effectively advocate for students; background or training in race relations and racial identity development preferred.

BCBA - 1.0

Licensed professional to provide behavioral support and intervention for identified students, pre-k through high school. This individual will provide leadership to Teams working with specific students, including the development and implementation of functional behavior assessments, positive behavioral supports and interventions, manifestation determinations and collaborative problem solving for students with behavioral challenges. Will develop monitor and train staff in use of discrete trial training programs. Use/knowledge of assistive technology a plus.

Speech and Language Pathologist - .4

Licensed professional to provide speech/language therapy to elementary school students. Experience working with students with delayed language development and social pragmatics required. Will do initial and three-year re-evaluations and IEP development as part of interdisciplinary special education team.

All positions are available immediately and are paid on the Teacher's salary scale. Benefits are available for the METCO Academic Liaison and the BCBA position.

Please go to: www.westonschools.org and click "Apply Online".

In compliance with Federal and State equal opportunity laws, Weston Public Schools is committed to diversity in its workplace regardless of race, gender, gender identity, color, religion, sexual orientation, ethnicity/national origin, age or disability.

護士, 你們在哪裡?

Were you a nurse in your homeland?
Do you want to be a nurse in Massachusetts?
Are you having trouble getting licensed here?

The Boston Welcome Back Center
can help you.

617-228-ICAN (4226)

WelcomeBack@bhcc.mass.edu



The Boston Welcome Back Center for Internationally Educated Nurses is a Partnership of Bunker Hill Community College, Massachusetts Bay Community College, the Department of Higher Education, Roxbury Community College and the University of Massachusetts Boston.

秋季飲食，滋陰潤燥為宜

余均達撰寫

「春夏養陽，秋冬養陰」是傳統中醫理論中四時調養的總則，時序入秋，自然界陽氣漸收，陰氣漸長，在此季節交替之時，氣候不穩，忽冷忽熱，氣候偏於乾燥，人體普遍缺乏滋潤。在中醫五行理論中，秋季屬金，肺亦屬金，肺為嬌臟，易為「秋燥」之氣所犯。故此，從四時養生的觀點而言，秋季養生的重點在於滋陰潤燥，預防秋燥犯肺。

從節氣看，中秋是氣候轉換的分界點，中秋過後，天氣明顯轉涼，人體新陳代謝減慢，有些人容易出現腹瀉、便秘等脾胃功能失調之症；加之「秋燥」，則常見皮膚乾燥瘙癢、咽乾喉痛、咳嗽、鼻衄等現象。具有滋陰潤燥、健脾益胃功效的食物包括：蘋果、雪梨、葡萄、龍眼、楊桃、石榴、木瓜、枇杷、鳳梨、無花果、菠菜、蕃薯苗、蕃薯、芋頭、海帶、牛蒡、銀耳、芝麻、豆漿、蓮藕、百合、沙參、玉竹、麥冬、山楂、桑椹、菊花、石斛、馬蹄、羅漢果、竹蔗、杏仁、核桃仁、燕麥、蜂蜜、乳品等。

進入晚秋，則需準備過冬，此時體溫容易散失、血管收縮及血壓容易竄升，為預防中風發生，應注意少吃蔥、蒜、韭菜及辛辣煎炸等燥熱之品，多吃清潤而富纖維的蔬果、牛奶、雞蛋、燕麥和豆類，增強體質，提高人體對氣候變化的適應力和抗寒能力。

秋季保健湯方：木瓜蓮子湯、沙參玉竹雪梨湯、雪梨蘋果杏仁湯和節瓜花生蓮藕湯。

寒冬飲食，宜先調補脾胃，然後再益氣緩補

過了立冬，開始進入冬季，氣溫不一定完全下降，秋天燥氣可能仍持續籠罩，時令蔬果如芥菜、西洋菜、甘筍、馬鈴薯、生菜等仍可作煲湯食材，以益胃潤燥。

到了十一月中下旬，小雪、大雪過後，氣溫下降時，才能改用巴戟、杜仲、北耆、黨參、生薑、茼蒿、芝麻、核桃仁等溫潤之品入湯。

到了十二月中下旬，冬至過後，溫度陡降，進入嚴寒，才能嘗試大補，選用大補藥材或肉類如花膠、羊肉等配以諸如蘿蔔、佛手瓜、冬瓜、蕃薯、西洋菜、時令蔬果燉湯。但需注意的是，現今一般都市人群，生活品質良好，體質一般不需大補。加上平日已多吃肥甘厚膩，工作壓力較大，或多或少脾胃相對較弱，驟然大補更阻滯脾胃的運化功能，容易出現「虛不受補」的表現，或見腹脹厭食、噁心嘔吐等症狀，甚或氣鬱化火，則表現為口舌生瘡，咽乾舌燥等。所以，冬季時宜先調補脾胃，然後再行益氣緩補。

冬季保健湯方：茼蒿薑蔥湯、西洋菜蜜棗南北杏湯、蓮藕甘筍陳皮湯、淮杞參薯湯。

余均達為香港註冊中醫師及廣州中醫藥大學博士研究生。他擁有香港浸會大學中國醫藥碩士學位和中國醫學及科學學士學位。

Tufts Medical Center

讓你自由自在地漫遊 手機銀行將不設任何附加費用！



在Webster First Federal Credit Union。你的金錢將隨時隨地伴隨你左右。我們的手機銀行服務，可以讓你在任何時間、任何地方自由地使用。

我們Webster First的手機應用軟件可以用於查詢存款、支付費用和有轉賬的功能。另外，共享的分店更可讓你擁有在全世界超過6,700個的信用合作社使用權。所以，如果你將要前往其他地方，亦想在當地獲得信用額度。請優先考慮並加入你附近的Webster First吧！



請親臨我們在Filene的分店。

地址：麻州波士頓華埠天滿 (Tremont) 街410號

網址：WEBSTERFIRST.COM/BOSTON | 電話：800-962-4452



Facebook.com/WebsterFirst



@WebsterFirstFCU



Message and data rates may apply from your wireless carrier.



Harvard Vanguard
Medical Associates

Atrius Health

Welcoming New Patients

歡迎新病人

完整的服務簡易快捷

- 成人保健、兒科和婦產科
- 超過35個醫療專科
- 21個位於大波士頓地區、交通便利的地點
- 提供週末和假日的緊急醫療護理
- 24/7電話醫療諮詢
- 安全的網站系統促進您與醫療團隊溝通
- 多個辦公室設有現場實驗室、影像醫學中心和藥房
- 與多間主要醫院結盟



HarvardVanguard.org

Harvard Vanguard accepts most major health insurance plans including Aetna, Blue Cross Blue Shield of Massachusetts, CIGNA, Fallon Community Health Plan, Harvard Pilgrim Health Care, Neighborhood Health Plan, Medicare, Tufts Health Plan, and Tufts Health Plan Medicare Preferred HMO.

2013年3月移民排期表

親屬移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	2006年2月15日	2006年2月15日	2006年2月15日	1993年7月22日	1998年10月15日	第一優先：美國公民的成年未婚子女
第二優先2A	2010年11月22日	2010年11月22日	2010年11月22日	2010年11月15日	2010年11月22日	第二優先2A：永久居民的配偶及未成年子女
第二優先2B	2005年3月1日	2005年3月1日	2005年3月1日	1993年1月15日	2002年6月8日	第二優先2B：永久居民的成年未婚子女
第三優先	2002年7月15日	2002年7月15日	2002年7月15日	1993年3月15日	1992年9月15日	第三優先：公民的已婚子女
第四優先	2001年4月22日	2001年4月22日	2001年4月22日	1996年8月15日	1989年7月15日	第四優先：成年公民的兄弟姐妹

職業移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	有名額	有名額	有名額	有名額	有名額	第一優先：杰出人才、研究人員、研究人員教授
第二優先	有名額	2008年2月15日	2004年9月1日	有名額	有名額	第二優先：跨國公司主管
第三優先	2007年5月1日	2007年1月22日	2002年11月22日	2007年5月1日	2006年9月1日	第三優先：技術勞工及專業人士
非技術勞工	2007年5月1日	2003年7月1日	2002年11月22日	2007年5月1日	2006年9月1日	
第四優先	有名額	有名額	有名額	有名額	有名額	第四優先：特殊移民
宗教工作者	有名額	有名額	有名額	有名額	有名額	
第五優先 定點投資	有名額	有名額	有名額	有名額	有名額	第五優先：指定地點投資移民
試點項目	有名額	有名額	有名額	有名額	有名額	

SAMPAN舢舨

華美福利會發行
波士頓泰勒街八十七號
電話：(617) 426-9492
傳真：(617) 482-2316

編輯：黃靈美
editor@sampan.org

中文版
記者：Anna Ing、黃秋虹、余均達

翻譯：林夢夏、呂昊、王辰怡、張漪楠

廣告企劃行銷：
張韻寧、林夢夏
ads@sampan.org

電話：(617) 426-9492
分機206

排版：黃靈美

《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

活動信息

JP音樂會
三月九日（週六）
下午四點
St. John's Episcopal Church
Roanoke Avenue
Jamaica Plain, MA 02130
JP音樂會將舉行Weston Wind Quintet。由Louise Farrenc演奏C小調六重奏，Paul Taffanel演奏G小調五重奏，Maurice Ravel演奏庫普蘭之墓。票價10美金，在音樂廳有售。如需更多資訊請登陸jpconcerts.org。

農曆新年慶祝會
三月十四日（週四）
晚上六點至九點
喜臨門大酒樓
88 Beach Street
Boston, MA 02111
The Academy of the Pacific Rim誠邀公眾參與他們的農曆新年慶祝活動。票價25美金，所得款項將用於贊助中國語言與文化項目。提供停車位。

展覽會：一個叫做亞裔美國的地方
三月一日（週五）至三月廿九日（週五）
Aidekman Arts Center
40 Talbot Avenue, Tufts

University
Somerville, MA 02155
紐約攝影記者、亞裔美國人Corky Lee的關於亞裔美國人的生活照片展將在塔芙茨大學展出。李將在開幕酒會上進行演說，時間為三月六日（週三）下午六點至八點。三月七日（週四）晚上六點半至八點半也將舉辦一個攝影研討會，讓學生、教師和感興趣的社區成員學習如何使用照片。活動向公眾開放。詳情請洽http://aplacelalledasianamerica.wordpress.com/。聯繫人：Thomas Chen, 781-475-9493，或電郵thomas.chen@tufts.edu。

女孩領袖峰會
三月三十日（週六）
中午十一點至下午兩點
Curry Student Center
Northeastern University
346 Huntington Avenue
Boston, MA 02115
為慶祝婦女歷史月，波士頓市長托馬斯曼寧諾與波士頓青年及家庭中心（BCFY）邀請年齡在11至15歲的波士頓女孩免費參加女孩領袖峰會，以培養領導技能、發展社交能力。詳情請洽617-635-4920 x2314

或電郵aterika.butler@cityofboston.gov。

風雅夜韻華夢舞會
三月三十日（週六）
晚上八點至凌晨一點
Boston Park Plaza
Imperial Ballroom
50 Park Plaza
Boston, MA 02116
華夢舞會將集合酒會、演出、社交、夜店派對為一體，讓妳充分享受昔日民國夜總會的奢華夜生活。要求出席者攜帶ID並著裝規範。女士旗袍或民國學生裝，男士西式晚禮服。詳情請洽www.fengyanight.com/。購票與禮服信息請登錄http://fengyanight.eventbrite.com/。

2013 為飢餓行走
五月五日（週日）
早上七點
波士頓公共

綠地
Tremont Street
Boston, MA 02108
第45屆由麵包項目組織的波士頓為飢餓行走活動將在5月5日早上舉行。行走全程為20公里，穿越波士頓、布魯克林、牛頓、水城、劍橋等市，路上會提供娛樂項目和免費小食。超過4萬名行者將參與此次活動，為有需要的人籌款350萬美金以提供充足食物。活動將在波士頓公共綠地從早上7點至9點開始。



柯德文殯儀館

Boston Harborside Home
J.S. WATERMAN & SONS

Waring - Langone 免費查詢專線:1-800-344-7526



楊德超
(華人制殮師)
Tak Chiu Joseph Yeung
Senior Funeral Director



白堅禮
Kenneth F. Bennett
Senior Funeral Director
“柯德文獎學金”創始人

波士頓
(617)536-4110
580 Commercial St.
(North Station 地鐵站)
J.S. Waterman & Sons.
柯德文殯儀館
橙線，綠線 C,D,E 車



昆士市
(617)472-1137
576 Hancock St.
(Prime 車站對面)
Deware Funeral Home
德華殯儀館

筷子新手的自白

華美福利會青年理事負責人Devin Young撰寫

自從搬到波士頓，我開始正式在華埠的華美福利會工作，從那時起，我遇到很多從前不知道的中華傳統習俗。第一次是在我和我的同事去飲茶的時候。我甚至花了一段時間才明白他們說的那兩個字是什麼意思，因為我完全想像不出那是什麼東西。我在餐廳看到的是一個有趣的驚喜。顧客可以在點餐單上寫下他們想要多少份點心，這是平時吃飯或與感恩節晚餐相似的社交過程。轉盤讓人能方便地拿到各種食物，沒有什麼比這更好了！不得不提的是食物都非常美味。我很快就被餃子、麵、飯還有很多其他美食填飽了肚子。那時，我想到我老闆的理論，每一個在華埠工作的人都會被中餐撐胖。無論如何，我在波士頓的日子看上去會很有口福。

然而，我沒有想到的是，事情會變得越來越有趣。那次經歷之後，我第一次吃了火鍋。這次冒險是在當我被安排買牛肉的一次機會

下開始的。我走進一家華裔超市，拿起了一大塊牛排，我能看到的就只有那一種。我排隊的時候，我問收營員這是不是下火鍋的牛肉。一個在我前面的客人看了一眼，說可以。然而當我抵達聚會的時候，我發現並非如此。當我把我的牛排拿出來的时候，大家都轟然大笑。我從來都不知道火鍋的牛肉是該切成薄片的！

當我看到面前滿桌美食的時候，我馬上忘記了我的失誤。沸騰的火鍋爐旁邊鋪滿了一排蔬菜、肉、麵條和豆腐。我的朋友們教我如何往鍋裡加火鍋料，以及如何把它們撈出來吃。很快我就被美味的牛肉、羊肉、蘑菇、麵、豆腐、豬肉等等填飽了。更重要的是，我再一次發現了一起分享和互相幫助為主的傳統，並有了經歷。我羨慕中國註重分享的飲食習慣，也希望有更多機會感受波士頓的中國文化！希望我的筷子功也會速速進步。

鄧肯甜甜圈的咖啡冰沙

青年之聲

Tsering Lhadon撰寫

噢，我冰涼冰涼的冰沙！
在我嘴裡如此如此甜像牛油一樣。
像岩石山上的雪，
彷彿是來自天堂的噴泉。
它標誌性的橙色吸管升起來，
吸一口它就碰到我的嘴唇。
像冰涼的溪流一樣流過我的喉嚨，
把我的胃填滿美味的鮮奶油。
它的咖啡因跳進我的大腦，
讓我做作業而非變得瘋狂。

約賽亞昆士小學 學生共慶蛇年

黃靈美報導



約賽亞昆士小學五年級學生敲鑼打鼓。 圖片由黃靈美提供。

約賽亞昆士小學師生於3月1日舉辦了蛇年迎春會活動，該活動原定於2月14日舉行，由於受風雪影響而改期。

五年級學生在當日用傳統中國音樂，表演了舞龍迎春的節目。而二年級的學生則演繹了了普通話版本的十二生肖體操歌。其中更有學生表演舞蹈和用錄音機伴奏的合唱，充分地展示了他們的才華。

校長何少華說道：「在上課之餘，我們的學校為學生提供了各種

有教育意義的課外活動。」

當日的節目更包括由約賽亞昆士小學飛龍隊學生的摔角和舞蹈表演。

沙福郡第三區麻州眾議員麥嘉威說道：「你們是波士頓最好的學校之一，我對作為你們的眾議員感到非常的驕傲。」他更在會上與何校長和大波士頓市議員Felix Arroyo一起，與學生們一起表演『江南Style』。

昆士市老人歡慶農曆新年

黃靈美報導

華裔老人、護理員和小學生們於2月21日，共同歡聚在昆士康復中心慶祝農曆新年。

住在昆士康復中心的人們享受了一頓豐盛的亞洲風味自助餐，並得到了來自紐英倫藝術學會會長梅宇國捐贈的個性化對聯。茉莉花舞蹈團帶來了三個傳統舞蹈節目，由舞蹈團的女學生們表演。梅翠瑜表演了揚琴演奏。

老人們很享受並和到訪的寵物們一起玩。一共有三隻鳥、兩隻烏龜和一隻蜥蜴讓小孩和大人們撫摸和擁抱。

昆士康復中心其中一部分的設施是翡翠別墅，一棟有50個床位的單元，為迎合附近地區逐漸增長的高齡亞裔社區的需求而設計。翡翠

別墅包括亞裔護士和護理助手，以及一名華裔廚師。資訊更多信息，請登錄www.quincyrehab.com。



老人們在昆士康復中心慶祝農曆新年。圖片由黃靈美提供。

JACLEN TOWER APARTMENTS

現正招租

申請家庭中需至少含有一位
55歲或以上的長者居住

標致1房和2房單位



租金包含所有公用事業費用 ● 全新升級含廚具廚房
● 附設陽台或者庭院 ● 住戶健身中心 ●
● 24小時候召管理 ● 專業現場管理 ●
● 公共洗衣房 ● 鄰近公共交通設施 ●

最低租金：

1房：\$1,101
2房：\$1,321

☆租金隨市場利率而改變

80%租賃項目
家庭人數
最高入息限制

1人：\$47,150
2人：\$53,900
3人：\$60,650

BEACON

今天起立即致電：(978)927-6500 TTY: 711



215 Rantoul Street Beverly, MA 01915 • JacLenTower@BeaconCommunitiesLLC.com

Wells Court公寓等候名單現正接受申請

Wells Court是一個專為
62歲或以上長者而設的社區式公寓。
居民每月只需支付他們調整後入息的30%作為租金。

入息限制：

1人：\$30,200
2人：\$34,500

Wells Court公寓鄰近的公眾設施有：
沙灘、商場、醫療、教堂、警察局和消防站。
每人將會有3種不同的電梯使用權級別。
整棟大廈共有24套公寓單位。

如需更多相關資訊或申請，請電郵至：

MargaretF@MBManagement.com

或致電：508-896-5510 或郵寄至下面的公寓地址。

WELLS COURT

141 Brewster Rd. Brewster, MA 02631

電話：508-896-5510



該企業是平等機會提供者



舢舨
農曆新年特刊
問卷調查
將於3月22日
下午5時截止！

把握最後機會
贏取獎品！

A1區域（華埠） 犯罪報告

波士頓警察局撰寫

所有報告均由波士頓警察局提供。

時間：2月15日至3月1日。
地點：華埠、A-1地區。

如需報告犯罪案或嫌疑活動，請立即致電911。警察局提供中文口譯員。

波士頓警察局犯罪記錄

- 機動車輛偷竊**
2月16日凌晨0點22分：受害人報告不知名人士闖進她停並鎖在屋街的汽車。
- 財產襲擊並逃逸**
2月17日晚上11點30分：受害人報告不知名人士擊打他停並鎖在尼倫街的汽車。
- 無武器搶劫**
2月17日凌晨3點：受害人報告當走進他位於華盛頓街的公寓時，他停下給了嫌疑人一些錢。嫌疑人為一位無家可歸的男性。隨後嫌疑人從他手腕上搶走了勞力士表並逃逸。
- 暴力毆打**
2月16日凌晨2點15分：受害人報告當她結束工作離開羅君治街時，嫌疑人撞了她的前額。嫌疑人的女友與受害人在一起工作。
- 無武器搶劫**
2月19日下午4點54分：警員接到華盛頓街正在搶劫的報案。警員到達後通過翻譯者與受害人談話。她陳述當走在楓葉里的時候不知名人士從後面跟上來並從脖子上搶走了金項鍊。嫌疑人還企圖搶走她的包。她被推倒，襯衫被扯開。受害人拒絕藥物治療。地區探員將進一步調查此案件。
- 無武器搶劫**
2月22日下午8點48分：警員接到華盛頓街上一處報案，出租車司機被搶劫。到達時，警員與受害人見面並談話。他表示三名醉酒的男性想要上車，受害人由於他們的醉酒程度而拒載。其中一位嫌疑人進入車內，拿走了受害人的手提箱。受害人將手提箱搶回來，嫌疑人逃逸。
- 毒品**
2月23日下午5點10分：嫌疑人在華盛頓街被A-1地區毒品管制小組逮捕。他們發現嫌疑人介入一項毒品交易。
- 偷竊**
2月26日下午12點51分：受害人報告不知名人士從她背後拿走了她的口袋書。當時她正在位於華盛頓街的塔芙茨醫療中心餐廳。
- 偷竊**
2月27日中午：受害人報告當她在華盛頓街工作時不知名人士偷走她的手機。
- 未成年飲酒**
2月28日晚上9點28分：警員發現三名嫌疑人在尼倫街。其中一名嫌疑人未成年已喝醉。他們被轉移到A-1地區，家長已接到通知。

犯罪事件

案發時間	案發地點	事件描述
2月15日	羅君治街	調查財產
2月15日	必珠街111號	拖走汽車

2月15日	必珠街	偷竊200美金以上
2月16日	南街89號	汽車一逃逸一財產損壞
2月16日	屋街8號	汽車偷竊200美金以上
2月16日	羅君治街22號	暴力毆打
2月17日	天滿街246號	生病 / 受傷 / 醫療（個人）
2月17日	晏臣街7號	語言爭論
2月17日	林肯街125號	汽車偷竊200美金以上
2月17日	尼倫街35號	汽車一逃逸一財產損壞
2月17日	華盛頓街660號	搶劫一無武器一街上
2月18日	林肯街149號	攜帶致命武器暴力毆打一刀具
2月18日	東牛頓街88號	攜帶致命武器暴力毆打一刀具
2月18日	林肯街180號	調查個人
2月18日	楓葉里10號	調查個人
2月18日	史超活街19號	財產一遺失
2月18日	華盛頓街800號	建築物內偷竊200美金以上
2月19日	晏臣街7號	生病 / 受傷 / 醫療（個人）
2月19日	夏里臣街	汽車事故一財產損壞
2月19日	晏臣街7號	調查個人
2月19日	楓葉里	搶劫一無武器一街上
2月19日	華盛頓街885號	毀壞他人財物
2月20日	尼倫街	汽車事故一財產損壞
2月20日	寶來斯頓街62號	調查個人
2月22日	天滿街440號	違反汽車法一無照駕駛
2月22日	華盛頓街	企圖搶劫一無武器一出租車
2月22日	林肯街109號	汽車偷竊200美金以上
2月22日	華盛頓街710號	財產一遺失
2月23日	寶來斯頓街	汽車一逃逸一財產損壞
2月23日	華盛頓街631號	毒品一B級持有一意圖製造與分發

給你的家人一個安全的家

黃靈美報導

給孩子們一個安全的家意味著瞭解潛在的危害。鉛和黴菌是兩大常見的居家危害，會影響兒童的健康。

雖然鉛對所有年齡層的人都有害，但它對兒童的影響最大，因為他們在發育成長中。摩頓市重建局建設/重建主任Andy Scarano說：『有兒童因誤食鉛而中毒，因為鉛是甜的，它聞起來像甘草。』

鉛在油漆中很常見，因為它的粘著性很強。然而，重金屬會影響大腦、關節，也可能引發老年癡呆癥和阿爾茨海默氏症（Alzheimer's）。1978年，美國禁止家庭使用鉛，但是很多麻州的房屋比較老舊，所以很難完全清除。

根據環境保護中心提供的信息，大約有170萬名兒童學也含鉛量超出安全水平，大多數是受到含鉛油漆的危害。

Scarano說：『當兒童產生鉛中毒，鉛會進入他們的關節。我們見過一個有行動障礙孩子。另一個人中毒很嚴重，患有精神障礙和抽搐。持續了很長一段時間。』

麻州學校兒童接受了鉛中毒測試。含有超過1微毫克鉛的家庭必須清掃，要把含有的鉛除去或封裝。如果樓梯欄杆被發現有鉛，可以更換欄杆或者用環氧樹脂（epoxy）覆蓋起來。

所有工程必須由有註冊的處理人員完成，才能獲得合格證書。

短期處理是只能為期一年的臨



圖片來自Flickr用戶kypmbangi。

時控制，比如在地面鋪地毯或粉刷油漆覆蓋原本含鉛的油漆，但在鉛被清除之前房子都不能住人。

兒童鉛中毒防治計劃網站（www.mass.gov/dph/clppp）上的一個數據庫顯示了房子是否被除鉛。Scarano談到，對於租房給家庭的房東們，一個涉及鉛中毒的控告意味著百萬美金的賠償，要有限考慮除鉛。

對公寓的含鉛檢查起價205美元，對於一棟房子起價400美元。花費取決於房子面積的大小。如果測量到鉛，屋主需要找一個處理員或建築工人。聯邦和各州出錢項目為符合條件的屋主按需要提援助款和低息貸款。

消滅黴菌

黴菌會影響呼吸系統系統，引起鼻竇問題、感冒癥狀、頭痛和疲勞。兒童和老年人是最容易被感染的群體。

Scarano說：『空氣中的黴菌會引起很多問題，住在發黴房子裡的人通常患有哮喘。』

Wellfleet經濟公寓出租 Fred Bell Way, Wellfleet, MA

Wellfleet公寓是一所由Wellfleet房屋管理局所資助，社區發展夥伴所發展和運營，總共12套單位的經濟公寓。該公寓包含有1房、2房和3房的設計給予有不同需求的家庭，其中包含1套可供殘疾人士使用的1房單位。

Wellfleet公寓現時已全部住滿，但是現可接受等候名單的申請。公寓申請將遵循先到先得的原則。Wellfleet公寓現時正接受美國Agriculture's Rural Housing Service部門、Barnstable County HOME基金和麻州Housing and Community Development HOME部門基金的補貼。住戶只需支付他們入息的指定百分比作為租金。

第一優先的機會將給予那些，家庭入息處於以下家庭入息中位數50%或以下的合資格家庭申請者。

家庭人數	入息限制	家庭人數	入息限制
1人	\$30,200	4人	\$43,100
2人	\$34,500	5人	\$46,550
3人	\$38,800		

如果家庭入息處於中位數50%或以下的合資格家庭申請者人數不足，**第二優先**的機會將會給予那些，家庭入息不超過以下家庭入息中位數80%的合資格家庭申請者。

家庭人數	入息限制	家庭人數	入息限制
1人	\$45,500	4人	\$65,000
2人	\$52,000	5人	\$70,200
3人	\$58,800		

有關申請和更多資訊，請聯絡：

Community Development Corporation
3 Main Street Mercantile, Unit 7
Eastham, MA 02642

電話：508-240-7873 分機17# TDD 800-439-0183



該企業是平等機會提供者



Academy of the Pacific Rim 特許學校完美結合東、西課程

黃靈美報導



(左到右) 黃明凱、錢愛麗、李銳、王明在Academy of the Pacific Rim合影，他們都能夠說流利的普通話。圖片由黃靈美提供。

麻州公立學校Academy of the Pacific Rim (APR) 是一所對中國文化非常重視的學校。

在這所公立特許學校裡，他們要求從7年級開始直至畢業班都必須上中國語班。從5年級到12年級的學生都可以報名。學生們會一起打掃學校然後上課，與亞洲遵守秩序的傳統文化非常的相似。

「起來！敬禮！」

海德公園區的畢業班生王明(Marcus Vilmé)剛開始的時候對學習中國語感到非常的疑惑。他說：「隨著時間流逝，我發現其實它是很重要的。對於一個非洲裔美國人來說，學習一門外語是非常罕有的。中國是一個現代化的國家，在美國中國語亦佔了很大的一部分。當我去大學的時候，我所擁有的中國語背景可以讓我很容易的找到希望做的事情。」

在經過早期的思考並獲得錄取後，王明將會去賓州上Lafayette大學。雖然他還沒有決定學習專業的方向，但是他對中國文化的學習和音樂工程學感到非常有興趣，他說：「沒有音樂我甚至不能夠入睡。」

學校的主旨是把東方對學術的注重和西方個人的發展結合在一起，讓城市的學生去發掘他們全方位的潛力。聯合創始人Robert Guen在台灣接受的教育，他觀察那裡的學校日和課室的設置，思考如何令美國的學生學得更好。學校的行政主任Susan Thompson說道，學校在1995年受到它的特許執照，並於1997年正式啟用，讓它成為了麻州最久歷史的特許學校之一。

來自Roslindale的16歲的11年級生李銳(Richard Njorose)說：「我非常習慣於和這裡的人們相處，我認為他們就像家人一樣。如果我離開了學校，我將不會感到高興。即使有很多的作業讓人感到很累，但是可以為大學打好基礎。」

2012年APR的所有畢業班生都上了大學，錄取的學校包括Brown University、Johns Hopkins University和Smith College。在入學的500名學生裡面，有色人種學生佔了76%，非洲裔美國學生則佔了全校學生的57%，共有53%的低收入家庭的孩子在學校可以獲得午餐補貼。APR沒有收取任何的費用，因為它擁有麻州的補助基金，學生的錄取都是經過抽籤的。

來自於Dorchester的17歲畢業班學生錢愛麗(Ariell Christian)說：「很多的人從大學回來都會說，在他們大學一年級的班裡，他們已經學習了大學高年

級要學的東西了。」

APR的學校日從早上7:45開始，直至下午5時，與波士頓公立學校的上課時間相比較，他們多了大約800小時或者50多天的學習時間。老師們與學生的關係非常的緊密，他們是學生的導師、顧問和課外活動輔導。

來自於Dorchester的18歲畢業班生黃明凱(Michael Holliday)說：「我在最近的四年裡面多了3位『媽媽』。第一位是Yong Li女士，在去年的母親節，我在她的家裡為她和另外兩個人烹飪。校長Jenne Colasacco Grant和你說話的時候就像好朋友一樣。還有顧問Doreen Kelly-Carney女士，她是我所認識的人裡面最開心的一個人。」

APR的中國語教學的最終考試是與北京80中的交換項目。黃明凱和錢愛麗在2012年4月去了那裡，而李銳和王明則將會在今年4月去進行這個交換項目。

錢愛麗說：「對我來說是非常吸引的，那裡的所有人都非常熱情，那裡有許多不同的食物，讓你感到非常溫暖和感激。」

黃明凱在北京80中學校一個學生的家裡居住的時候，他用了20分鐘去確認到底哪一條毛巾可以給他用來洗澡。然而，他在APR的中國語班已經學習過關於吃飯時候的東西，他說：「在吃晚飯的時候，我知道所有的東西應該怎樣說，感覺我就像在家裡一樣。」

課後補習的重要性

黃秋虹報導

作為華埠的一員，我非常關心下一代孩子們的成長發展。在我小的時候，由於父母長期為了生活忙綠于工作，我和兄弟姐妹們會時常沒有人照顧。無奈之下，父母將我們送到了一個課後輔導班。這個暫緩之計卻讓我在童年時期受益匪淺。

每天下午在紅橡樹課後輔導功課的3個小時讓我的英文水平快速進步，學校的老師教會了我很多有趣好玩的像大富翁之類的遊戲，助理老師每天都會輔導我的課程，而這些都是我英語程度有限的父母所鞭不及腹的。在學校裡，老師以及許多比我大的學姐學長們會教導我很多新的、根深蒂固的知識，以至於到現在我還牢記當年學的50個州名的歌曲。

比起夏天待在屋子里或者閒逛于危險以及臭名昭著的紅燈區，暑期輔導班當時對我們可謂是再好不過的選擇了。學術課程以及有趣的課外活動的結合激起了我求知的慾望。在傳達美國文化的同時，這些安排也鞏固加深了我對中國文化的認識。

但是課後補習班以及夏令營都要收取相應費用的。由於家庭經濟狀況，我的父母況當年不止一次地想讓我退班。但最終在我們的堅持下，父母也盡力支持了我們的決定。可並不是所有的家庭都有能力支付起所有的課外教學費用的，特別是那些住在城中的低收入家庭。

由麻州州長派屈克等政客們帶頭提出的『延長正常課程時間』的建議將會有效的解決家庭的經濟問題並且提供合理的機制來提高教學質量。

美国联邦教育部長邓肯說道：「延長正常的教學時間能使得老師們有更多的時間去指導教育學生也讓學生們有更多機會去探索他們的興趣愛好。而這對孩子們的將來是至關重要的。」在麻州，有很多學校

都延長並重新調整了每天的正常的教學時間，使得學生每年受到300小時的額外教育。學校們將傳統教學以及課外活動結合一體，為孩子們提供更多學習機會。

罗克斯伯利的The Orchard Gardens K-8 Pilot School 則為『延長正常課程時間』項目提供了非常好實踐案例。僅在2010至2011學年，Orchard Gardens的教學質量以及學生成績就突飛猛進。而在2011裡，麻州全面教育評估系統顯示學生總體的英文及藝術程度增長了30%，而數學程度也增長了35%。學生個人的英文程度同數學水平比往年分別增加了63%和79%，都被評定為『高增長』。

2012年，5個州同意延長並且重新設計他們的教學日程表。麻州、科羅拉多州、康州以及紐約和田納西州的公共學校正在著手于改善數以萬計學生們的學習質量。這個由福特基金會和時間與學習國家研究中心組織策劃的合作項目，意在提高學校的教學水平以及孩子們的學習能力。

時間與學習國家研究中心主席戴衛斯說道：「學生們需要同時學會獨立以及合作解決問題並擁有批判性思維，而教授這些能力是需要更多時間和很多巧妙地方方法的。延長學校的授課時間能讓孩子們學習到更全面的知識，得到老師更多的支持和幫助。對於那些經濟狀況不好的學校，時間的延長意味著孩子們能夠獲得更多的機會。」

回首過去，我非常慶倖自己當時能夠有機會參加課後輔導班以及夏令營。那裡的老師和工作人員不僅明白如何教授孩子們融入中美文化，還不斷地激勵著孩子們努力前進。他們教會我「寶劍鋒從磨礪出，梅花香自苦寒來」的人生道理。因此，我希望更多的孩子們能夠通過ELT等項目獲得巨大的收益。

舢舨祝大家三八婦女節快樂！

先鋒中英雙語學校

Pioneer Valley Chinese Immersion
Charter School

2013年秋季
六年級和九年級入學登記

先鋒中英雙語學校現招收國、高中部，這是繼Sturgis Charter 公立學校之後，又一所開辦“國際文憑課程”的學校，現在開始正式接受申請。

地址：317 Russell St. (Rt. 9)
Hadley, MA

如需更多資訊，請瀏覽：WWW.PVCICS.ORG
或致電：413-582-7040

PVCICS是平等機會僱傭者及提供者

RSQ
ROSEMONT SQUARE

豪華一房公寓



☆每月租金最低由\$1,147起

- 歡迎飼養寵物 ● 24小時維護服務 ●
- 禁煙社區 ● 全屋不銹鋼器具 ●
- 每間公寓附設獨立洗衣/乾衣機 ● 附設電梯 ●
- 社區泳池 ● 私人露台或庭院 ●
- 健身中心/社區俱樂部室 ●

*申請可能有入息限制



立即致電預約參觀！

781.961.7673 TTY: 711

A BEACON
rental community

2 Chestnut West • Randolph, MA 02368 • Rosemont@BeaconCommunitiesLLC.com

華埠會議綜合報導： 華埠治安委員會和華埠居民會

黃靈美報導



南火車站未來會擴展。 圖片由黃靈美提供。

華埠治安委員會（CSC）和華埠居民會（CRA）於3月6日舉行了會議。

在會上CRA探討了有關塔芙茨大學的生物安全三級實驗室的問題，Viridian Electric在會上亦發表了演講。

W酒店為它的Descent夜店地點發表了關於安全和治安計劃書的演講，它的運營權歸Storyville老闆Brian Lesser。它將被重命名為「Tunnel」，將計劃增加容量從120人至200人。安全保護措施包括禁止21歲生日派對的慶祝，禁止激進的人進入和將會有不良行為顧客的黑名單的設立。委員會通過了這個俱樂部計劃，它將會在3月18日在華埠南灣社區議會上再一次被演講。

麻州運輸部南火車站擴展計劃項目經理Kate Fichter在會上亦作出關於擴展南火車站的演講。現時該計劃規劃階段還沒有投入動工，還要經過環境評審。該過程將很可能持續幾年的時間。

Fichter說：「我們現正希望讓車站變得更大的同時亦變得更好，我們希望讓它變得更現代化和成為更好的鄰里。」

南火車站為MBTA和Amtrak提供火車服務的同時亦有巴士的服務。美國郵政服務亦在南火車站佔了一個位置，很可能將會移走並為火車創造更多的空間。他說，計劃書的改變包括向Dorchester大道開放使

其更便利。

更多有關南火車站項目的資訊可以在以下網址中查看：

www.massdot.state.ma.us/southStationExpansion.

犯罪報告

波士頓警察局區長李湯姆會上報告華埠所在的A-1區的犯罪率下降了，他說：「我們對比起去年下降了32%，這是在過去三個月以來最多的減低率。」

區域裡有三宗搶劫發生。李區長說在2月17日，一個男人在華盛頓街660號給一個人一些錢的時候，他的勞力士手錶被打劫走了。

有一宗企圖搶劫在華盛頓和羅君治街發生，三個白人男子嘗試偷取一個的士司機的現金。他們在街上逃跑但最終被拘捕。

第三宗搶劫發生在楓葉里2月15日，一位21歲的女士被一名黑人男子打劫。當她抓住她的錢包時，那個男人從她的脖子上除下了金鍊。李區長說：「我們曾經有抓過一兩個搶鍊子的，但是這是第一個發生在那些街上的。」

在南火車站發現了毒品的行為，MBTA的運輸警隊的警員Dana DeLorenzo說：「就在上個星期裡，有三至四人因大麻或其他藥物被逮捕。」

2011日本海嘯受難者 紀念影片展映

黃秋虹報導

由一場海嘯引發的動亂和櫻花盛開的美景是電影「海嘯與櫻花」的主題。該電影為迎合在漢考克309展廳舉行的「海嘯、颶風桑迪和深水地平線石油鑽井爆炸」籌款會在3月2日進行放映。電影展映是長達一個月的災難紀念活動的一部分，主要由藝術展出、拍賣、音樂、討論與守夜來突出紀念那些受到海嘯影響的受難者。

活動組織者Mariko Kanto說道：「兩年過去了，可是那些孤兒沒有被遺忘。他們失去了父母。他們失去了一切。我們能做的，就是從波士頓、從我們自己的社區，為他們傳達支持的訊息。」

2011年，一場9.0級的大地震在日本海岸引發了海嘯和隨之而來的破壞。視頻資料和與災難幸存者的採訪闡述了車輛、房屋，甚至居民被海嘯捲走的可怕經歷。

在海嘯中死亡的人數超過15,000人，然而災難後很快便盛開的櫻花向幸存者承諾著一個更好的明天。影片著重在那些志願幫助災後清理的獨立個體與投入重建的社區。

包括書法、拼貼畫、繪畫、棉製品等在內的48件藝術作品被捐贈給此次活動作為義賣物品。拍賣活動將於3月9日結束。物品清單可在網站查看：www.tsunamiartauction.blogspot.com 參與活動者被鼓勵設計他



「海嘯與櫻花」放映於3月2日。圖片來自黃秋虹。

們自己的棉製品。這個創意來自Tewassa，一家在海嘯發生後由當地社區主導成立的組織。Tewassa捐贈了手工棉被給海嘯受難者，尤其是Okawa，一所在災難中失去了70%學生的小學。組織成員每週六在位於劍橋市的GrayMist會面，從下午4點至6點共同縫製棉被。

此次活動是Kanto組織的最後一次籌款活動。她計劃將日本海嘯給人們上的一課延伸至災難管理。3月23日，一場與緊急事件管理辦公室就災難管理的討論將如期進行。

正在進行的拍賣活動和結果將在3月9日被揭曉。拍賣所得款項將被送往Soma市地震災難孤兒基金會。了解更關活動信息，請登錄<http://tsunami-hancock309.eventbrite.com/>

華人啟蒙學校廚師招聘

崗位職責：

該職位主要負責學校中心的營養餐和零食的準備、服務和儲存。按照規定保持食物的安全、衛生和食物的準備。依據CCFP的指引，遵循具備啟蒙的營養成分所特製的菜單。每天都需要文件報告有關菜單的變動。根據指定的時間表，向供應商訂購食品和所需用品。在食物交貨時，檢查發票訂單的數量和食物質量。向健康/營養協調員報告任何存在的問題。為助理和志願者安排工作時間。出席相關的會議和參與在職培訓。將有執行其他相關職責的工作要求。

資格證明：

- 至少需具有高中畢業/GED，以及要求有12個月以上的相關工作經驗。
- 在任職後的6個月內需獲得食物準備資格證。
- 需有大量食物的準備和提舉重物的能力證明。
- 需有TB測試結果的陰性反應證明。
- 需有良好的人際交往能力。
- 必須能夠明白和保持記錄、準備簡單的書寫報告並與其他員工進行溝通。
- 必須能夠敏銳並有效地與不同教育、社會經濟和文化背景的員工一起工作。

申請方式：

所有的申請和訊息查詢應直接到以下地址進行諮詢
人力資源部
178 Tremont St. Boston, MA 02111
傳真：(617) 423-7693
或電郵至：hr@bostonabcd.org

如需查詢更多其他職位招聘，請瀏覽我們的網站
WWW.BOSTONABCD.ORG

下期舢舨將於三月二十二日出版

CONWAY COURT APARTMENTS

標準單間、1房和2房單位出租



- 租金包含熱和熱水 ●可飼養寵物 ●全屋地毯
- 全新升級含廚具廚房 ●24小時候召管理
- 專業管理 ●公共洗衣房
- 可步行至公共交通站 ●鄰近飲食和購物中心

最低租金：

單間：\$994
1房：\$1,057
2房：\$1,263

60%項目

家庭人數
最高入息限制
1人：\$41,100
2人：\$46,980
3人：\$52,860
4人：\$58,680

80%項目

家庭人數
最高入息限制
1人：\$47,150
2人：\$53,900
3人：\$60,650
4人：\$67,350

★租金隨市場利率而改變

今日起立即致電！

(617) 390-8091 TTY:711

BEACON
communities



One Conway Court • Roslindale, MA 02131 • ConwayCourt@BeaconCommunitiesLLC.com

華埠居民被授予社區服務表彰

紐英倫中華公所撰寫

紐英倫中華公所頒發社區服務獎狀給余仕昂，感謝其對華埠做出的貢獻。和梁添光，陳建立和黃國威一同作為服務於紐英倫中華公所最長久的成員，余仕昂不僅僅只活躍於紐英倫中華公所董事會，他還同時擔任着全美余風采堂元老，華埠居民會主席和大同村聯誼會顧問。

中華公所主席黃光野親自為余仕昂頒獎。他表示非常敬佩余仕昂老人在花甲之年還能盡心盡力地為社區服務創造美好生活家園。會所希望通過頒發獎狀的形式，向余仕昂表達最真摯的敬意和感謝。



黃光野頒發社區服務獎給余仕昂，後面何遠光。圖片來自中華公所。

波士頓華埠社區中心慶祝春宴

黃靈美報導

波士頓華埠社區中心（BCNC）於3月1日，在帝苑酒樓舉辦了農曆新年晚宴慶祝蛇年的到來。

BCNC董事會主席鍾潔姿（Selina Chow）說道：「BCNC現時正在計劃擴展對社區的服務。」當晚的晚會門票一共籌集了\$223,000，希望加上慈善拍賣的款項可籌得\$500,000的善款。當晚慈善拍賣的物品包括有來自NBA休斯頓火箭隊的華人林書豪的親筆簽名球衣、一些其他的體育紀念品和Nantucket的旅遊。

在當晚，表演節目的包括有巾幗醒獅團兒童表演和Genki Spark太鼓表演。在晚宴上其中兩個獲得BCNC之友獎的是周樹昂、莫漪華夫

婦還有Comcast機構。

這個晚宴是BCNC年度最大的慶祝活動和籌款晚會。所有籌得的款項將會用於BCNC的所有項目基金。每年這些項目共服務於超過2,000名在大波士頓區域居住的居民。



Genki Spark太鼓表演於3月1日。圖片由黃靈美提供。

華人美國之旅的考驗和凱旋

黃靈美報導

波士頓本地人余雪華於2月27日，在波士頓中央圖書館發表演講，主題為《他們為了金礦而來並留下：對美國華裔的系譜介紹》。

余雪華出生於南波士頓，她的父母來自中國台山。她之前工作於波士頓公共圖書館的縮微膠片部門，讓她在縮微膠片研究有了寶貴的經驗。余雪華並在後來被認證為系譜專家。

余雪華說，很多華人移民到美國後，都希望得知那裡可以找到他們的祖先。他們大多數來自於中國廣東省的四邑，那裡土地雖然是郁郁葱葱，但是不肥沃。1848年的淘金熱吸引了許多中國人，讓更多的中國勞工在1863年來到美國建造越州鐵路。

余雪華說道：「許多男、女勞工來美國都是自願的，但是大城市對勞工的需求意味著許多人被騙或者綁架到美國或者其他的地方。」

儘管一開始中國移民比較受歡迎，但這並沒有維持很久的時間。余雪華又說：「努力工作的中國勞工讓他們得到相當的成功，他們讓美國人和歐洲移民開始妒忌起來。」

1875年的《The Page Act》不包含「不良」移民的過往犯罪證明、精神疾病和中國血統，使它成為了美國立法名稱的第一個特別群體。中國勞工和妓女對白人所帶來的影響的恐懼，產生了1882年的排華法案，當時只可以讓外交官、商

人和學生進入這個國家。余雪華表示，這些限制要求一個全新的系統去記錄中國移民，一直到1965年移民法的產生才改變。

余雪華說：「大多數其他國籍的移民是准許進入這個國家的，但是中國人就要經過身體的測試才可以。移民服務開發了更多的程序去調整如何識別中國人，無論他們是自然初始或者自然出世的居民的孩子以及其他不是勞工的人。」

中國的勞工通常在美國賺取了他們的財富後，都返回他們中國的家裡，然後又重新來美國繼續工作。因為第一代來美的勞工都可獲得居民身份，他們在中國的孩子當到了一定的年紀後便有資格來到美國。中國男人每年可以記錄一個孩子，不論他們是否有很多的孩子。他們亦可在中國可以售賣官方的文件給另外一個人，成為他們的「紙上兒子」。

對那些族譜的愛好者，大量有關中國人歧視領域遺留下來的文件均可幫助他們追尋一個人的根源。余雪華的祖父Yuen Yee通過舊金山港進入的美國，被記錄在一個准許進入的分類冊中。

其他一些有價值的信息來源包括公共的記錄、選民登記、從軍記錄和排除案例文件。余雪華說：「國家和當地的記錄可以幫助你獲得更多有關你家庭成員的信息。」

BOSTON MOVES
FOR HEALTH

2013年3月份

YMCA免費健身課程

歡迎來臨參加我們向社區免費開放，充滿樂趣和健康的健身課程。

有關課程的詳情和更多資訊，請瀏覽我們的網址：ymcaboston.org/bostonmoves。

the
YMCA

星期二		星期三		星期四		星期五		星期六	
						1		2 上午11:30 拳擊訓練 Roxbury青年會	
4		5 下午6:00 基礎訓練 Roxbury青年會		6		7 下午7:00 青年尊巴 Roxbury青年會		3	
11 上午9:30 老年人運動 Huntington街青年會		12 上午6:45 調整型核心訓練 Huntington街青年會 下午7:15 尊巴 Roxbury青年會		13 下午6:00 基礎訓練 Dorchester青年會 下午6:30 間歇性基礎訓練 Charlestown青年會 下午6:30 間歇性訓練 西Roxbury青年會		14		9 上午10:35 調整運動 Charlestown青年會	
18 下午1:00 肌肉調節訓練 王氏青年會		19 上午11:00 室內電單車 王氏青年會		20 下午6:00 20/20/20 Hype Park青年會 下午6:30 間歇性訓練 西Roxbury青年會		21 下午7:00 20/20/20 Hype Park青年會 下午7:30 瑜伽 東波士頓青年會 Ashley街		10	
25		26 下午1:05 高強度間歇訓練Tabata Charlestown青年會		27		28 上午5:45 Vinyasa瑜伽 Hype Park青年會		15 上午7:00 早上基礎訓練 王氏青年會	
28		29 上午9:00 基礎訓練 Hype Park青年會		30 上午8:00 普拉提 Hype Park青年會		31		16 上午10:30 啞鈴訓練 Dorchester青年會	
31								17	
								23 上午11:00 尊巴 東波士頓青年會 Ashley街	
								24 上午7:50 水尊巴 Hype Park青年會	

大波士頓青年會

網址：ymcaboston.org/bostonmoves

課程中有免費兒童看護服務